

Workplace Mental Health Awareness Champion Training

Date	Time	Duration	Venue	CPD	Cost (Excl. VAT)PP
27th Oct - 1st Nov, 2025	08:30 AM-4:00 PM	6 Day(s)	Blooming Suites, Naivasha	6	60,000.00

Course Overview

This immersive course equips HR professionals, wellness coordinators, and people leaders with advanced tools to deliver mental health support and emotional counseling within organizational contexts. Participants learn to create psychologically safe spaces, intervene ethically in mental health cases, and champion wellness initiatives that respond to real behavioral risks. Grounded in workplace realities and aligned with mental health protocols, this course blends counseling psychology, therapeutic frameworks, peer support design, and strategic policy alignment. Graduates emerge as certified internal counselors equipped to transform

Course Objectives

By the end of this program, participants will be able to;

- Apply foundational counseling principles and behavioral health techniques in workplace scenarios.
- Conduct effective supportive sessions and emotional check-ins with staff.
- Recognize symptoms of workplace trauma, anxiety, depression, and burnout.
- Deliver low-level therapeutic interventions and refer complex cases ethically.
- Design targeted mental wellness plans using organizational diagnostics.
- Facilitate coaching and conversations that promote psychological safety.

Target Groups

This training is suitable to a wide range of professionals but will greatly benefit;

- HR Professionals
- Workplace Counsellors
- Managers Promoting Employee Wellness
- Organizational Wellness Strategists



CHRP. Den PN Gathitu

Secretary General

Academy of Certified Human Resource Professionals



Academy of Certified Human Resource Professionals Ltd.

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NITA: NITA/TRN/1234

DATE: 09:10:2025

PROFORMA INVOICE

Invoice To:

QTY	DESCRIPTION	NET (KES)	VAT (KES)	GROSS (KES)
1	Workplace Mental Health Awareness Champion Training	60,000.00	9,600.00	69,600.00
GROSS: Sixty Nine Thousand Six Hundred				69,600.00

PAYMENT DETAILS

Pay Bill No: 247247 Account No.: 300245 Amount: KES 69,600.00

Bank Name: Equity Bank
Bank Account Name: Academy of Certified Human Resource Professionals Ltd
Bank Branch: Kenyatta Avenue
Bank Physical Address: Kenyatta Avenue
Bank Account Number: 1 2 9 0 2 7 1 2 4 5 7 5 3

Please complete tax details below to authorize this booking

Organization Name:
Phone Number: Organization KRA PIN:
Contact Person: Position:
Signature: Date:

Email the duly completed document to admin@achrp.org