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IHRM: C00259 NITA: NITA/TRN/1234

WORKPLACE MENTAL HEALTH WELLNESS & COUNSELING TRAINING

Date	Time	Duration	Venue	CPD	Cost (Incl. VAT)
30th Nov - 5th Dec, 2026	08:30 AM-4:00 PM	6 Day(s)	Blooming Suites, Naivasha	6	81,200.00

Course Overview

This course empowers HR professionals, managers, and wellness champions with the expertise to support mental health and emotional wellbeing in the workplace. Participants will master the psychological dynamics affecting performance, apply practical counselling techniques, and design targeted wellness programs. From stress management to culture building, the program lays a foundation for organizations to thrive with compassion, resilience, and strategic emotional support.

Course Objectives

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

- Understand how mental health impacts workplace performance and team dynamics.
- Recognize and respond to stress, trauma, burnout, and other behavioral health challenges.
- Apply core counselling and introductory psychotherapy methods for workplace intervention.
- Build wellness programs tailored to organizational realities and needs.
- Promote a culture of psychological safety and emotional resilience.
- Champion mental health initiatives with clear leadership buy-in and data-driven outcomes.

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
- In-house Wellness Champions and EAP Coordinators

CHRP. Den PN Gathitu
Secretary General
Academy of Certified Human Resource Professionals