



Dear professional,

17/07/2025

Workplace Mental Health & Counselling for HR Leaders

Start Date	End Date	Venue	CPD	Cost (Excl. VAT)PP	Registration Link
04-08-2025	09-08-2025	Bliss Resort	6	60,000.00	Register Here

Course Overview

This six-day 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

- The objective of the **Workplace Mental Health & Counselling for HR Leaders** training is 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

CHRP, Den PN Gathitu, CCT

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