

Serving the *workplace*

WORKPLACE MENTAL WELLBEING

Investing in employees' mental wellbeing boosts productivity, reduces absenteeism, fosters a positive workplace culture, and creates an engaged, motivated workforce, driving innovation and long-term success. Let us connect your employees' needs with services and programs that change lives and companies.

THE THREE PILLARS OF WORKPLACE MENTAL WELLBEING DEVELOPMENT

Organizational Development & Assessment:
Encompasses the broader organizational culture and policies that promote collective wellbeing and a healthy work environment

ORGANIZATIONAL

PERSONAL

Personal Development:
Focusing on personal development helps employees manage stress, build resilience, and improve overall life satisfaction

PROFESSIONAL

Professional Development:
Addressing team dynamics and mutual support cultivates an engaged, motivated workforce, driving innovation and long-term success

ORGANIZATIONAL DEVELOPMENT & ASSESSMENT



Mental Health Assessments & Implementation: Support employers in strengthening workplace mental health by offering Mental Health First Aid training, setting clear goals, enhancing awareness, improving benefits, fostering a supportive culture, and evaluating existing strategies for continuous improvement.



Partner Program: For organizations prioritizing employee wellbeing, we offer customizable packages with key learnings, evaluation, consulting, training, and programs.

PROFESSIONAL & PERSONAL DEVELOPMENT



In-Person & Online Workshops: Teaches practical tools and skills to help employees build confidence, become better leaders and positively impact clients, customers, coworkers, and families.



Workplace Wellbeing Ambassador Program: Membership connects ambassadors with a community focused on improving workplace culture with science-backed tools and personalized support.

SPECIALIZED DEVELOPMENT



Business Resource Network (BRN): Addresses barriers to employment individually and organizationally. Employees work with a trained Success Coach, who helps address retention barriers like transportation, housing, childcare, and utility payment.



21st Century Skills: Workshops and self-led learning teach character strengths, growth mindset, and resilience. Topics are customizable for adults who impact youth or youth in the workforce.

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Unsure Where to Start?

Ready to learn more?

Scan here to visit each organization



SCAN HERE



greatlakesbay.com/mentalhealth



midlandareawellbeing.org



partnershiftnetwork.com



leadconfidently.org



therockc4yd.org

ASSESSMENT

Facilitate
Workplace Mental
Health Assessment

Workplace
Wellbeing Survey

STRATEGY

Develop Goals and
Strategies to
Implement Change

Workplace
Wellbeing Strategy

CULTURE

Anti-Stigma
Campaign

Ambassador
Program

Bridges Out of
Poverty Training

LEADERSHIP DEVELOPMENT

Workplace Mental
Health First Aid
Training

Training and
Coaching

Customized
Wellbeing
Workshops

In-Person
Workshops

EMPLOYEE DEVELOPMENT

Workplace Mental
Health First Aid
Training

Training and
Coaching

Individualized
Employee Coaching

Online or Hybrid
Learning Platform

Young Employee
Training and
Coaching

ADDITIONAL OFFERINGS

Teen and Youth
Mental Health First
Aid Training

Workplace
Certification
Programs

Business Resource
Network

Facilitator
Training

Parent and Family
Programs