

Mental Health Foundational Workshop

2-hour Workshop: for Employees

In this engaging workshop, employees gain practical, science-backed strategies to support their mental health and well-being, prevent burnout, and optimise both how they feel and how they function.

An Interactive Dialogue

Our training is designed to be experienced. It is not designed to be dry theory from a book or a Youtube video. Instead, this 2-hour session creates a dynamic space for questions, discussion, and exploring ideas on a topic often clouded by misinformation, unnecessary jargon, taboo and stigma. Every question is welcomed, and the exchange of perspectives ensures the learning process is engaging, memorable, impactful, and importantly, actionable.

Methodologies covered:

- 10 science-backed tools employees can implement immediately to take control of their mental health and well-being (backed by research: see QR code for links to sources)
- A combination of psychological strategies, physiological strategies, and lifestyle strategies proven to greatly affect well-being
- The essential, and often overlooked skill, of shifting the narrative around self-stigmatization regarding our mental health, and how to achieve this
- Our specific well-being needs.
How to measure regularly if we are meeting these needs.
How to action and meet our well-being needs and maintain self-serving life balance
- Personalized Action Plan Template provided
- 40-page detailed digital workbook provided

Who we are/why us:

Big4Training is a team of passionate and knowledgeable psychologists and trainers. We spend our days delivering workshops on the topics of mental health and well-being, communication, and emotional intelligence, to some of the most well-known firms in Switzerland.

Our workshops are extremely engaging; never dry theory. We teach evidence-based skills which enables lay people to strengthen themselves, influence systems, and help others.



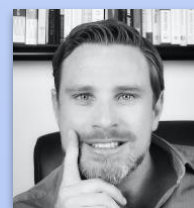
100+ Google reviews
5-star rating

Trusted by 100+ top companies,
including:



- This is a 120-minute workshop and content can be adjusted to suit your exact requirements.
Multiple languages available.

Course Instructor:



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