



Workshop on

WORKPLACE WELLNESS & MENTAL HEALTH

An employer-led wellness program that fosters employee engagement by promoting a culture that prioritizes their mental health.

WORKSHOP CONTENTS

- Holistic Approach to the well-being of employees
- Leadership Style that is resilient, motivating & empathetic
- Workplace Wellness Toolbox
- Addressing, Identifying, Building, and Sustaining Mental & Emotional Wellbeing
- Conducting in-depth team-building & wellness exercises to strengthen mind and body.



WORKSHOP OUTCOMES

- Understand how to use emotion to facilitate thought and behavior
- Positively influence and motivate colleagues, team members, and managers
- Build a more empathic work environment
- Work under pressure with greater calmness and clarity of mind
- Anticipate problem situations and the underlying emotions
- Take home dozens of proven exercises and learning tools that you can use yourself and with your teams/families/clients

WHO CAN PARTICIPATE

**THIS WORKSHOP
IS FOR EVERY
PROFESSION WHO
WANTS TO
FIT WELLNESS INTO
THEIR BUSY
SCHEDULES**



TRAINER

TAZEEN MOHSIN

ORGANIZATIONAL & ASSOCIATE
CLINICAL PSYCHOLOGIST

Tazeen Mohsin is an organizational and an associate clinical psychologist with 10+years' experience working with individuals and corporates. She has delivered leadership and management programs for over 1500 employees both locally and internationally

PARTICIPATION PACKAGE

For EFP Members

Rs. 22,000 Incl. of taxes

For EFP Non-Members

Rs. 25,000 Incl. of taxes

Discount

5% Early Bird before 15 Jan 2022

10% on 3 + nominations

DATE & VENUE

03 March 2022
10.00 am - 04.30 pm
Marriott Hotel Karachi

LIMITED SEATS

20-25 seats available

REGISTRATION

Confirm your participation
at services@efp.org.pk