



- Employee Wellbeing Promotion and Marketing**
- Psychosocial Series**
- Mental Health Series from clinical perspective**

WORKSHOP	DATE	TIME
Basic Mental Health First Aid training for HOD's	09-Apr-25	09:00 - 12:00
Employee wellbeing managerial referral procedure and resource sharing for Line manager	14-Apr-25	09:00 - 10:30
Follow up: Working with trauma	14-May-25	09:00 - 11:00
Basic Mental Health First Aid training - General Staff session	21-May-25	09:00 - 12:00
Navigating and destigmatizing Anxiety in the Workplace	04-Jun-25	09:00 - 12:00
How childhood trauma impact adult interpersonal relations in the workplace	27-Jun-25	
Life transitions and adjustments	24-Jul-25	09:00 - 12:00
Basic Mental Health First Aid training - General Staff session	31-Jul-25	09:00 - 12:00
Managing PTSD (Post-Traumatic Stress Disorder) in the Workplace	13-Aug-25	09:00 - 12:00
Basic Mental Health First Aid training for HOD's	27-Aug-25	09:00 - 12:00
General Employee wellbeing workshop	29-Aug-25	10:00 - 10:45
Understanding depression in the workplace - practical tools and self-care	10-Sept-25	09:00 - 12:00
Employee wellbeing managerial referral procedure and resource sharing for Line manager	03-Oct-25	09:00 - 10:30
Discussions and awareness on burnout	31-Oct-25	09:00 - 12:30
Follow-Up Workshop: Advanced Mental Health First Aid	05-Nov-25	09:00 - 12:30

Basic Mental Health First Aid training for HoD's



 **9 Apr 2025** & **27 Aug 2025**
09:00 – 12:00 & 09:00 – 12:00

 **Venue**
Virtual – MS Teams

Mental illness in the workplace can lead to decreased productivity, increased absenteeism, poor work quality, wasted resources, and compromised safety. Unfortunately, mental health issues are often overlooked and go unaddressed. This training aims to equip Heads of Departments with practical skills to support themselves and their colleagues in managing mental health concerns. Resources will be provided during the training.

 **Target Audience: HODs**

Employee wellbeing managerial referral procedure and resource sharing for Line managers



 **14 Apr 2025** & **3 Oct 2025**
09:00 – 10:30 & 09:00 – 10:30

 **Venue**
Virtual – MS Teams

The workshop intends to equip managers and supervisors at all levels with ways of managing and assisting employees and their environments, whose performance is affected by a range of difficulties. The workshop also seeks to provide supervisors and managers with the knowledge and experience necessary to efficiently utilize Employee Wellbeing Programs, ensuring they can access and promote these resources, and to raise awareness about the benefits of using Employee Wellbeing Programs as a management tool to enhance employee performance and productivity.

 **Target Audience: Line Managers**

Follow up: Working with trauma



 **14 May 2025**
14:00 – 16:00

 **Venue**
Virtual – MS Teams

Please join the FAMSA facilitator – Anthony Hawthorne in conversation around working with trauma, grief and bereavement. This session will explore the psychosocial impact of loss, offer practical tools for coping, and discuss ways to support grieving colleagues/ family. Through evidence-based strategies and interactive discussions, staff will gain a deeper understanding of grief/ trauma while building empathy and resilience within the team. Equip yourself and your workplace with the skills to navigate this challenging but universal experience in a healthy and compassionate way.

 **Target Audience: All Staff**

Basic Mental Health First Aid training – General Staff session



 **21 May 2025** & **31 Jul 2025**
09:00 – 12:00 09:00 – 12:00

 **Venue**
Virtual – MS Teams

This workshop is designed to help employees become more aware of their mental health. Participants will learn how to recognize signs and symptoms of negative mental health, seek help when needed, and maintain a healthy state of mind. The goal is to foster a supportive work environment, ultimately reducing absenteeism and enhancing overall workplace performance.

 **Target Audience: All Staff**

Navigating and destigmatizing Anxiety in the Workplace



 **4 Jun 2025**
09:00 – 12:00

 **Venue**
Virtual – MS Teams

In today's demanding work environment, clinical anxiety can significantly impact employees' well-being and productivity. This workshop is designed to provide essential insights and evidence-based strategies for managing clinical anxiety in the workplace. Led by clinical psychologists, this session will focus on interactive sharing to help participants understand the nature and causes of workplace anxiety, ways in which to identify and address symptoms of anxiety, and tactics to foster a healthier and more supportive work environment.

 **Target Audience: All Staff**

How childhood trauma impact adult interpersonal relations in the workplace



 **27 Jun 2025**
09:00 – 13:00

 **Venue**
To be confirmed

The workshop will examine the concept of trauma and its significant effects on adult life, with a particular focus on how childhood traumas influence our adult experiences. We will explore the various types of traumas and engage in a discussion regarding how these experiences shape our internal perceptions of family dynamics. Furthermore, we will analyze how these internal representations impact our relational patterns in future interactions. This comprehensive exploration aims to enhance understanding and promote healing.

 **Target Audience: All Staff**

Life transitions and adjustments



 **24 July 2025**
09:00 – 12:00

 **Venue**
Virtual – MS Teams

Change, whether positive or negative, can lead to stress that affects an employee's mental health and wellbeing. This workshop will explore the impact of life transitions on work, home, and personal life—covering individuals, teams, and organizations. Through interactive discussions, participants will learn strategies for adjusting to change, embracing new circumstances, overcoming resistance, and fostering resilience as they move forward.

 **Target Audience: All Staff**

Managing PTSD (Post-Traumatic Stress Disorder) in the Workplace



 **13 Aug 2025**
09:00 – 12:00

 **Venue**
Virtual – MS Teams

Post-Traumatic Stress Disorder (PTSD) can deeply affect an individual's professional life, impacting their performance, relationships, and overall well-being. Facilitated by clinical psychologists, this workshop is designed to provide essential insights and effective strategies for addressing PTSD in the workplace. This session will help participants understand, identify, and support colleagues dealing with PTSD, fostering a more compassionate and supportive work environment. Through case-study discussions, key topics will include causes and symptoms of PTSD, evidence-based strategies for managing PTSD, promoting mental health awareness and reducing stigma, and creating a supportive and inclusive workplace culture.

 **Target Audience: All Staff**

General Employee wellbeing workshop



 **29 Aug 2025**
10:00 – 10:45

 **Venue**
Virtual – MS Teams

To raise awareness and promote the EAP services plus the relationship and involvement of the external service provider. To educate staff of the role players involved in the Employee wellbeing offerings and how staff can maximise accessing such services.

 **Target Audience: All Staff**

Understanding depression in the workplace – practical tools and self-care



 **10 Sep 2025**
09:00 – 12:00

 **Venue**
Virtual – MS Teams

Research suggests that mental health issues like depression are increasingly common in today's fast-paced work environment. This workshop, led by clinical psychologists, will involve in-depth, interactive discussions which will include key topics around the prevalence of depression in the workplace, identifying the emotional and physical symptoms of depression, managing and supporting colleagues with depression, developing resilience and referring to professional services.

 **Target Audience:** All Staff

Discussions and awareness on burnout



 **31 Oct 2025**
09:00 – 12:30

 **Venue**
To be confirmed

This workshop provides a deep dive into the causes, signs, and how burnout impacts the 4 pillars of well-being. Staff will learn evidence-based strategies to manage stress, improve work-life integration, and build resilience. Through interactive discussions and practical tools, this session equips employees with the skills to prevent burnout and sustain long-term well-being. Join us to create a healthier, more productive workplace environment where individuals and teams can thrive.

 **Target Audience:** All Staff


Follow-Up Workshop: Advanced Mental Health First Aid



 **5 Nov 2025**
09:00 – 12:30

 **Venue**
Virtual – MS Teams

This advanced session, led by clinical psychologists, is designed for staff who have completed the Basic Mental Health First Aid Workshop. Building on foundational skills, participants will deepen their understanding of complex mental health challenges, learn advanced intervention techniques, and refine their ability to support colleagues in crisis. The workshop includes interactive case studies, role-playing, and practical tools to enhance confidence and effectiveness in providing mental health support. Strengthen your skills and make an even greater impact in your workplace.

 **Target Audience:** Staff who previously attended Working with Trauma and Basic Mental Health First Aid Training in 2023 and 2024.