

Premier

unlock collective
wellbeing, productivity, &
resilience



AIRLEA WILLIAMS
CO-FOUNDER AND
PRINCIPAL CONSULTANT



IAN WILLIAMS
PRESIDENT AND CEO



PROGRAM DESCRIPTION

Are you tired of playing the role of counselor, mediator, AND manager, but need your workforce to show up? Do you want to reclaim your time and energy? This initiative will help equip you take a proactive approach to reduce the stigma around mental health and foster workforce resiliency, so you can be free to lead well and focus on what you do best.

OBJECTIVES

- • Learn about mental health & how it affects employees
- Gain tools to make a proactive impact on workforce mental health
- Be equipped to offer support & resources
- Build resilience

LOGISTICS

-  Half day (3hr) **or** Full day (6hr) workshops
-  4 (3hr) modules

CLIENT TESTIMONIAL

"This mental health program was transformative! Airlea and Ian are both knowledgeable and personable. They equipped our team with valuable tools and fostered a safe, supportive environment for conversation. There was a quick, noticeable difference among the members of our leadership team and the changes are shifting our organization. Highly recommend!" -**Charon G.**