

*“Prioritising mental health in the workplace isn’t just about supporting individuals—it’s about creating a resilient, productive environment where everyone can thrive.”*

More than ever, employees feel stressed, overworked, and challenged by the demands of today’s workplace.

eHR Academy’s **Health and Wellbeing Series** is designed to help alleviate some of the stress and overwhelm by providing practical tools to help individuals navigate the pressure and build healthier, more resilient work habits.

This series of online workshops covers essential topics such as personal growth, stress management, resilience, and mental health.

Experts will share valuable insights and actionable strategies that are suitable for employees, managers, and business owners alike, helping to foster a culture of wellness and improve overall mental health in the workplace.

- Creating Healthy Habits
- Financial Wellness
- Stress Management to Avoid Burnout
- Meditation and Mindfulness
- Psychologically Safe Workplace
- Embracing Neurodiversity in the Workplace



- 60-minute professionally facilitated interactive sessions over Zoom with subject matter experts
- Topics are indicative only and subject to change
- Dates and topics will be advertised in advance