



Live better, for longer.

Mental Wellbeing Talks & Workshops

Our mental health solutions for corporate clients

1

Support a culture of mental wellbeing

2

Introduce a preventative mental health framework

3

Increase employee productivity

4

Improve talent acquisition & retention

5

Deliver cost efficiencies

6

Contribute to ESG goals

Mental health talks

Having a voice in a culture of silence Building psychological safety in workplaces

Presenter: [Ella Hutton](#)



What is psychological safety and how can we bring it to life?

Have you ever regretted speaking up about something to your boss, held back at work through fear of making a mistake, or kept an opinion to yourself because you're worried your colleagues won't agree?

Psychological safety is “a belief that one will not be punished or humiliated for speaking up with ideas, questions, concerns, or mistakes, and that the team is safe for interpersonal risk-taking.” – Amy Edmondson

Let's build a psychologically safe foundation for learning, collaboration and trust.

Stress management & healthy boundaries

Presenter: [Ella Hutton](#)



Stress is a feeling we all experience when we are challenged or overwhelmed. Beyond just an emotion, stress is a hardwired physical response that travels throughout your entire body. While short-term stress can be advantageous, it is no secret that frequent or chronic stress makes us sick.

Fortunately, there are healthy boundaries you can set to help you manage stress. However, setting boundaries isn't always easy. The process itself – letting people know where your needs and limits are – can be stressful in its own right. This talk is designed to start a conversation around how boundaries can become your best friend.

Where deep dive discussions of these issues are required, workshops may be facilitated. Workshop frameworks / agenda & speaker bios are available upon request.

Mental health talks

Beating burnout

Presenter: Ella Hutton



Stress is an inevitable part of life – no spoiler alert there.

However, extreme and unrelenting pressures can lead to a debilitating state of burnout, with potentially devastating impacts on individuals and organisations. We refer to burnout often, but what is it really and what can we do about it?

Burnout is characterised by three components: exhaustion, distancing oneself from work and feelings of incompetence. Resolving burnout typically requires changes at the job, team or organisational level. However, you can also take steps towards recovery and prevention to protect yourself. Nobody is immune to burnout, so this talk is for everyone.

Workplace empathy & connection

Presenters: Ella Hutton & Emma Waddington



Resignation is the Great Disconnection. The irony is that we are more connected than ever through technology and social media, yet people are becoming increasingly disconnected at work. According to the Harvard Business Review, in the wake of the pandemic, 65% of employees say they feel less connection to their colleagues.

Creating a more connected workplace doesn't mean making people feel like one big happy family, nor does it require being plugged into this 24/7 digital world. Authentic quality connection is crucial for building meaningful relationships and trust. Join us for this timely talk about harnessing the power of empathy and connection at the workplace.

This talk is jointly presented by Ella Hutton – our Organisational Psychologist, and Emma Waddington – our consulting Clinical Psychologist.

Where deep dive discussions of these issues are required, workshops may be facilitated. Workshop frameworks / agenda & speaker bios are available upon request.

Mental health talks

Recovery away from work

Presenter: Ella Hutton



The workforce is tired. Yet the recovery paradox suggests that when our bodies and minds need to recover and reset the most, we're the least likely and able to do something about it! We turn to holidays, from which we expect to return to work refreshed and re-energised, which isn't always the case. Clearly, there is more to work recovery than putting your feet outside the office.

Beyond higher productivity, a growing body of research shows that sufficient recovery from work can enhance job satisfaction, creativity and mental health. This talk shines the spotlight on recovery away from work, emphasising how downtime can pay dividends well beyond the holiday season or traditional time off.

The trouble with always being switched on

Protect yourself from technostress, and pursue an intentional and healthy relationship with technology

Presenter: Ella Hutton



In today's hyperconnected world, the ability to set boundaries around our use of technology, and disconnect from our devices is crucial for health and wellbeing, both in the workplace and in our personal life. Cultivating digital wellness involves the capacity to navigate various aspects of digital life and make mindful decisions related to time spent and purpose.

The opposite of digital wellness – technostress – captures the trouble with always being switched on. Is this agile working or an electronic leash?

Have an open and honest conversation with Organisational Psychologist, Ella Hutton, about our relationships with technology, and discuss how we can take action to foster healthier digital habits.

Where deep dive discussions of these issues are required, workshops may be facilitated. Workshop frameworks / agenda & speaker bios are available upon request.

Other trending mental health topics

1. Having a Voice in a Culture of Silence:

Building psychological safety

2. Workaholism:

Am I a workaholic and what can I do about it?

3. Positive stress:

Manage stress to make it work for you

4. Burnout at your workplace:

Evaluate the sources, pull the brakes, and steer your people towards engagement

5. Absenteeism & Presenteeism:

Can anything be done?

6. Hope, efficacy, resilience and optimism:

Small steps to boost your psychological capital

7. Flow as a state of mind

For flourishing at work

8. Organisational compassion:

Human connection in challenging times

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