

when personal + professional lives collide

WORKPLACE EMOTIONAL HEALTH

AN EXCITING NEW
OFFERING FROM
THE EXPERTS AT
OPTIMUM TALENT



Optimum
Talent[®]

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How We Can Help

Mental health is costing Canadian businesses billions of dollars per year and many employees are struggling with a range of personal issues that impact their performance at work. Through Workplace Emotional Health, Optimum Talent can partner with your organization to implement a program that promotes positive mental health and well-being. With our integrated offering including virtual seminars, an organizational wellness audit, one-on-one or group coaching, and assessment, we can help leaders learn how to support employees manage difficult personal issues to ensure compassion, engagement, and performance.

Visit our [website](#) or [contact us](#) today to learn more.