

WORKPLACE EMOTIONAL HEALTH

When Personal + Professional Lives Collide



Employees across all demographics are struggling with a range of mental health concerns that impact engagement, productivity and performance. Mental health costs Canadian businesses billions of dollars per year and the global pandemic has only amplified the frequency and severity of personal issues, making it critical for organizations to prioritize the health of their workforce.

In partnership with HowattHR Consulting, Workplace Emotional Health includes an organizational wellness audit, assessment, virtual seminars, and one-on-one or group coaching. Our range of offerings provide sustainable solutions that foster an organizational culture centered on openness, empathy, and greater well-being.



Contact Sandra Boyd to learn more:
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