

6 global employers on how to improve workplace mental health

Accordingly to world economic forum, Mental health is an urgent priority for businesses in the COVID-19 recovery. 6 leaders from global companies share their views on how to improve workplace mental health.

- 'Support a more hybrid workforce'
- 'Lead by example'
- 'Build mental wellbeing into our leadership culture'
- 'Engage, understand and support staff'

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Q. How much have you experienced each of the following as a result of the COVID-19 pandemic?

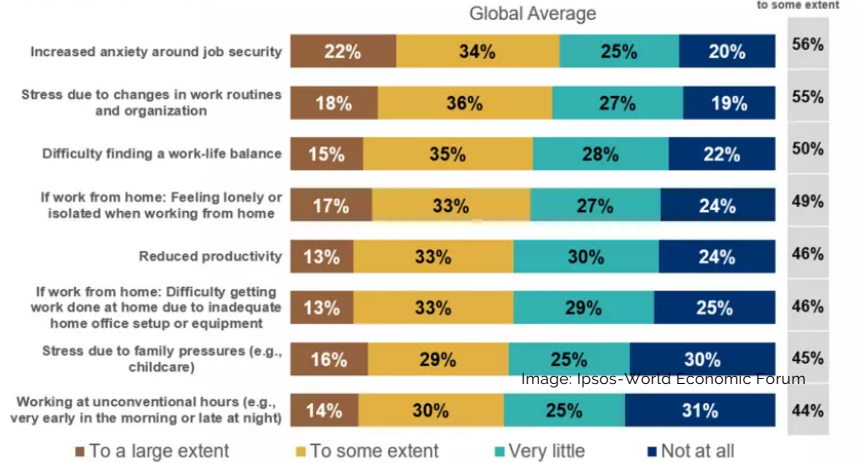


Image: Ipsos-World Economic Forum

Our Resilience Program for Staffs & Managers

One of our clients had a concern with stress level with staff. We conducted a focus group discussion and pre-test to check the reason for stress among staff. Based on the report we are now empowering staff and managers to beat stress and become resilient.



Image: heartmindproject

Participants Feedback

Was able to learn new techniques for relaxing
Understand how stress can affect your work life and personal life
Felt refreshed after the session

Understood where I stand in handling stress
Helped me where I can improve to help my self and my team members

Emotional Management technique worked out well for me.

The exercises we did, Positive/Welcoming vibes from facilitator and team & the overall experience

The Genos Resilient Leadership Program

The Resilient Leader is a powerful one day program that brings together the latest developments in Neuroscience, Emotional Intelligence and Resilience to help leaders enhance their well-being, feel less stressed and facilitate resilience and well-being in their teams. Self-management is an emotionally intelligent leadership competency and is about managing one's own mood and emotions, time and behaviour, and continuously improving oneself. Leaders high in self-management pay careful attention to the way they manage time and how they behave. They are often described as 'resilient' rather than 'temperamental', and they use their self-management skills to create positive workplace cultures.

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We are...



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