



# SUPPORTIVE LEADERSHIP : ENHANCE MENTAL HEALTH & EMOTIONAL WELL BEING FOR A THRIVING WORKPLACE

- Appreciate the importance of addressing emotional needs of team members
- Ensure psychological safety at work
- Strategies to cultivate and show supportive leadership for teams in hybrid work environment
- Acquire micro-skills in communication to enhance emotional support
- Insights into some common mental distress that team members may have
- Develop team ability to enhance calmness and openness for effectiveness
- Managing your well being as a Leader

**Facilitator: Dr Lim (Doctor of Psychology, MA in Social Science (Counselling) ,  
Grad Dip in Psychotherapy)**

**9a.m- 5p.m | Via Zoom | Or At Client's premise**

Corporate Package: S\$3,500 nett (for up to 22 pax)

[Register your interest | Contact Ting Lyn @ 96899798](#)

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