

WHO WE ARE

WORKPLACE WELLBEING, INFORMED BY CORPORATE EXPERIENCE

Thrive Elevate provides Employee Assistance Programme (EAP) services that integrate professional counselling, workplace mental health support and organisational wellbeing initiatives.

We recognise that employee wellbeing is influenced by both personal circumstances and workplace environments, including leadership expectations, organisational culture, interpersonal relationships and professional demands.

OUR APPROACH

Our humanistic and systems-informed approach considers employees within the broader context of their working environments, supporting individual wellbeing while encouraging healthier workplace relationships and organisational practices.

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OUR EAP SERVICES

EMPLOYEE COUNSELLING

Professional counselling to support employees with personal, emotional and work-related concerns.

WORKPLACE MENTAL HEALTH

Mental health education and awareness initiatives that promote psychological wellbeing and early recognition of mental health concerns.

TRAINING & DEVELOPMENT

Workshops and professional development programmes covering workplace communication, interpersonal skills, resilience and related organisational competencies.

SPECIALISED SUPPORT

Coordination of specialist services for critical incidents, workplace challenges and other situations requiring additional professional expertise.

PROFESSIONAL LEADERSHIP

CORPORATE EXPERIENCE

Thrive Elevate's approach to workplace wellbeing is informed by the corporate experience of its Programme Director, Sheena Melissa Chok, whose 20-year career in communications includes senior regional and leadership roles across Malaysia and Greater China.

Her professional appointments with George P. Johnson, World Gold Council, Hill+Knowlton Strategies and Eleutian Technology have provided valuable insight into organisational structures, leadership expectations, stakeholder relationships and cross-cultural working environments.

PROFESSIONAL QUALIFICATIONS & EXPERTISE

Complementing her corporate background, Sheena holds a Master's in Counselling from Open University Malaysia and a Bachelor's in Mass Communication from Curtin University. She is also an HRD Corp Accredited Trainer and a member of the Malaysian Mental Health Association.



MULTIDISCIPLINARY APPROACH

Workplace wellbeing often requires expertise across multiple professional disciplines.

To address these diverse needs, Thrive Elevate works with qualified professionals and specialists, engaging them according to the specific requirements of each organisation's EAP.

COLLABORATIVE EXPERTISE

Integrating relevant professional perspectives to address diverse employee and workplace needs.

TAILORED PROGRAMMES

Aligning services with organisational priorities and workforce needs.

PROFESSIONAL PRACTICE

Ensuring specialised services are undertaken by appropriately qualified practitioners within their respective areas of expertise.

WORKING WITH ORGANISATIONS

Thrive Elevate works with employers to establish EAP arrangements that reflect their employee support needs and organisational priorities.

PROGRAMME ASSESSMENT

An initial assessment of organisational priorities and employee wellbeing needs to determine suitable programme services.

PROGRAMME COORDINATION

Structured management of counselling and other professional services in accordance with the agreed programme scope.

EMPLOYEE ACCESS

A dedicated EAP Support Portal for eligible employees to schedule counselling appointments.

ONGOING ENGAGEMENT

Programme administration, service coordination and employer liaison, with individual counselling information remaining confidential.

LET'S WORK TOGETHER

SUPPORTING EMPLOYEE WELLBEING. STRENGTHENING WORKPLACES.

Explore how Thrive Elevate's Employee Assistance Programme can complement your organisation's existing employee support and workplace wellbeing initiatives.

Contact us to discuss suitable programme arrangements for your organisation.

THRIVELEVATE

Employee Assistance Programme (EAP)

 www.thriveelevate.asia

 hello@thriveelevate.asia

 +(60) 12 804 4934

Visit our website

