

PERSONAL DEVELOPMENT



CORPORATES SCHOOLS NON-PROFITS

- Evolving Self: Discovering Identity in a Complex World
- Values in Action: Aligning Purpose with Personal Power
- Confidence Architecture: Designing a Stronger Self
- Personality as Strategy: Leverage Who You Are for Success
- Therapeutic Art with OH Cards

RESILIENCE & STRESS MASTERY



CORPORATES NON-PROFITS

- Resilience Rewired: Practical Stress Solutions for Modern Living
- Stress Reset: A Mind-Body Approach to Recovery and Performance
- The Resilient Mind: Navigating Chaos in a BANI World
- Psychological Agility at Work: The New Stress Response
- Energy Mastery: Manage Fatigue, Improve Sleep & Prevent Burnout

SELF-CARE



CORPORATES SCHOOLS NON-PROFITS

- The Psychology of Self-Care: A Science-Backed Approach
- Boost Your Brainpower: Steps to Prevent Dementia
- Self-Compassion in Action: Rewiring the Inner Narrative
- Applied Psychology for Holistic Self-Care + Exercise
- Walk & Talk Therapy Workshop (1-Day)

MENTAL HEALTH & EMOTIONAL WELL-BEING



CORPORATES SCHOOLS NON-PROFITS

- Emotional Agility: Teaching Self-Regulation for Lasting Impact
- Sleep Science: Practical Tools for Overcoming Insomnia
- Grief Navigation: Tools for Personal & Professional Support
- Mental Health First Aid for Organisations: Suicide Risk Identification & First Response
- Recognising Red Flags: Helping Students in Emotional Distress
- Youth Mental Health: Spotting & Supporting Depression
- Mental Health First Aid for Parents: A Practical Guide
- Building Emotional Resilience: Preventing Burnout with OH Cards



CONFLICT MANAGEMENT



CORPORATES NON-PROFITS

- The Emotionally Intelligent Leader: Navigating Anger & Conflict
- Conflict as Catalyst: Empowering Communication for High-Impact Outcomes

PRODUCTIVITY & WORK-LIFE BALANCE



CORPORATES NON-PROFITS

- Peak Productivity: Psychology-Backed Time & Energy Management
- High Performance from Home: Routines that Actually Work
- Integrated Work-Life Balance: Designing a Sustainable Rhythm

DIVERSITY, INCLUSION & CULTURAL COMPETENCE



CORPORATES NON-PROFITS

- Advocacy in Action: Championing Neurodiversity & Special Needs
- Global Fluency: Intercultural Skills for the Connected World

WORKPLACE DYNAMICS & LEADERSHIP



CORPORATES NON-PROFITS

- Building An Appreciative Work Culture with Languages of Appreciation
- Thriving remotely: Resilience & Relationships in Hybrid Teams (Part 1)
- Thriving remotely: Stress-Proofing the Hybrid Worker (Part 2)
- Strategic Assertiveness: Leading Through Conflict with Clarity

PARENTING



SCHOOLS

- Raising Resilient Little Minds: Mental Well-Being in Early Childhood
- Connected Parenting: Deepening Understanding & Bonds
- Teen Psychology Decoded: Building Emotional Wellness in Adolescents
- Supporting Queer Youth: Affirming Mental & Emotional Health

COUNSELLING & SUPPORT SKILLS



SCHOOLS NON-PROFITS

- Core Counselling Skills for Everyday Support
- Ethics in Practice: Boundaries, Confidentiality & Competence
- Crisis Intervention: responding in Confidence in Emergencies
- Therapeutic Approaches
- Essential Counselling Skills