

theraPYLOH

Licensed Counsellor · HRDC Accredited Trainer

Corporate Training Menu

Elevating Organizational Resilience & Mental Wellness

Building a Trusted Foundation for High-Performing Teams



THE CHALLENGE

In today's fast-paced corporate landscape, burnout and workplace stress are the leading causes of decreased productivity and high turnover. Modern teams don't just need "perks"—they need psychological safety and actionable mental health literacy.

OUR APPROACH: GROUNDED & EVIDENCE-BASED

At theraPYLOH, we bridge the gap between individual well-being and corporate excellence. We move beyond "safe space" conversations into **Trusted Ground**—creating environments where employees feel secure enough to innovate, communicate, and stay committed.

Calm.

Grounded presence
under pressure

Clear.

Practical skills for
real workplaces

Human.

Empathy-led &
evidence-based

01 Resilience Workshops

90-MINUTE TO HALF-DAY

Interactive sessions designed to equip teams with immediate tools for sustainable performance.

- **Burnout Prevention:** Strategies for sustainable high performance
- **The Grounded Leader:** Developing Emotional Intelligence (EQ) for managers
- **Stress First-Aid:** Managing anxiety and focus under high-pressure deadlines

02 Cultural Transformation Programs

LONGER-TERM INTERVENTION

Deeper engagements that shift company culture and embed psychological safety into your team's DNA.

- **Psychological Safety Training:** Building a culture of trust and open feedback
- **Conflict Resolution:** Navigating disagreements with maturity and empathy

03 On-Demand Employee Support

CONFIDENTIAL & PROFESSIONAL

Confidential, professional counselling for your greatest asset — your people.

- **Retainer-Based Therapy:** Dedicated hours for staff to access 1-on-1 support
- **Executive Coaching:** Mental wellness for leadership and decision-makers

All programmes customised to your industry, team size, and culture. Available in-person or online.

01 Clinical Expertise

Led by Poh Yee Loh — a licensed counsellor and HRDC accredited trainer with deep psychological insight. All sessions are grounded in professional ethics and workplace-appropriate boundaries.

02 Tailored Solutions

We don't believe in "one size fits all." Every programme is customised to your industry, team culture, and unique challenges — because context matters deeply.

03 Human-Centric Results

Lower turnover, higher engagement, and a healthier, more loyal workforce. Psychological principles translated into everyday practice people can actually use.

Ready to invest in your team's mental resilience?

Let's discuss a wellness strategy that fits your organisation's goals.

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GET IN TOUCH

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Calm. Clear. Human. · Practical psychology for work and life.