



# Mental Health and its Importance in the Workplace



Ganapati Bhawan, Min Bhawan Road,  
New Baneshwor, Kathmandu, Nepal

Website: [www.merojob.com](http://www.merojob.com)  
Email: [info@merojob.com](mailto:info@merojob.com)  
Tel.No: +977 1-4106700, 4106701

## Overview | Objective of this Course

We are living in a world, where we are so captivated by Technology & Virtual Worlds that we are locking ourselves inside the prison of Insecurity, Self Doubt, Stress, Lack of Identity and more. The hustling industry and intense competition has made us feel lost and drowned. These challenging situations have somehow resulted into situations of fear, lack of focus and lack of peaceful state of mind. We need to remind ourselves that by taking great care of ourselves we can connect with infinite potential inside of us. We can continue working day and night without any excuses and accomplish our projects and tasks, however after achieving all of that, we still feel stressed-out, burnt out, discomforted and tensed. Before all of that starts happening, look back on your story and wait for a few minutes on what we can really do to make our lives more peaceful, present and filled with motivation.

What comes up in your mind when a word pops up in your head- **‘Mental Health’**?

Mental Health is somehow translated as depression, anxiety, loneliness, mental disorder, lack of confidence & identity, etc. However, Mental Health is a great term and it can't be described as an illness or a disease. Instead, it is similar to our physical health that needs care, love and support. Mental Health is moreover about strengthening, encouraging, leading and motivating our energy to accomplish greater things in one's life.

In our Training Session, we work on healing and empowering ourselves to create more joy and motivation in the workplace. We are doing this training for a whole day with the sole purpose of bringing inner integration to create a mental well-being in the workplace. The processes and methods explained, and taught in this session are safest and you will feel that your desired state of being is further strengthened by the change created through the process.

## Course Content

Mental Health can be a powerful tool where the person is ready to bring out the best in their areas of performance through the modern methods of Emotional Well- Being, Coaching, Mentoring and Training Sessions and this is what we offer in our Training Sessions that can bring out the best in you. Our mind and body when nurtured carefully are capable of doing wonders. We have been doing early morning workouts for the body, yet we have no proper system to cleanse, heal and empower our minds. In this “Mental Health and its importance in the Workplace” training, we will be learning how the various methods of ABBPS technique help to release the setbacks and negativity that may be living inside of us. We will also learn the way of understanding our personality through different activities and learn how to use them to cleanse and prepare our mind for creating an empowered life.

We will learn various methods of empowering our belief system through a set of questions and exercises. We will also learn how to handle our emotions or more precisely learn how to empower our emotions during tough times like completing the tasks within deadline, taking decisions in a short span of time, handling conflicting behavior at the workplace, and more. When we learn to build conscious relationships with our emotions, we start to eventually generate the emotions that we need most for accomplishing any task or conducting our day to day life work.

**The training covers the following topics:**

- Emotional Freedom Technique (EFT) Tapping Techniques
- Breathing Techniques
- A/B Behavior Pattern Scale (ABBPS) Techniques
- SOS Techniques
- Code yourself

**Learning Outcomes**

On completion, participants will be able to:

- Ability to express properly
- Use appropriate emotions in appropriate situations
- Stable mood/ no mood swings
- Free from mental/ emotional disturbances
- Awareness of one's strength & limitations

**Methodology of Training**

Below is the basis modality for the delivery of the training:

- Presentation by Trainer
- Booklets/Handouts/Use of stationeries
- Interactive activities

**Intended Participants**

This training is beneficial for all regardless of their position within the company/organizations.

**Summarized profile of Resource Person****Ms. Santoshi Rimal**

Ms. Santoshi Rimal helps people to understand their thinking and behavioral patterns, emotional state, and communication patterns to transform their limiting beliefs and move out of their comfort zone to expand their life goals and productivity in both their career and life.

A certified healer, yoga teacher and also a full initiator of Akasha Healing and Empowerment System from Makani Academy. She is certified and has expertise on NLP (Neuro Linguistic Programming) Skills. She is the Founder of Bouddha Retreats and has worked with individuals and groups from European, South Asian and Nation Based Clients.

Professor at Chelsea International School, Cambridge College, Kutumba College, etc.

**Professional Training and Certification**

- Reiki Master, Reiki Institute Potsdam
- Holistic Master Akasha Coaching & Healing, ICTA/ACA/Makani Academy
- Neuro Linguistic Psychology Trainer, ICTA/ACA/Makani Academy

## **Training Investment**

NPR. 12,000 plus VAT for each participant. Additional discount of 10% will be applicable in case two or more than two participants are from the same organization.

## **Training Date, Time & Venue**

- One day Training on 12-March-2023, Sunday
- Time: 9:30 AM to 5:30 PM
- Location: TBD (3 Star+ Hotels)

## **Payment Options**

Advance payment prior to attending the training will be much appreciated. Payment options includes:

- Online Bank Transfer
- Issuance of Cheque/Bank Deposit
- E-Sewa

## **Confirmation Process**

Please share the final confirmation email along with details of participants.

## **Cancellation Policy**

- 15 days before training date: 100% refund
- 7 days to 15 days: 50% refund
- Less than 7 days: No refund

## **Inclusions**

- Comprehensive course notes
- Stationery (Diary, Pen, etc.)
- Morning tea, Lunch and Afternoon tea

## **After completion of this Course**

- Certificate of Participation.
- 10% discount on future training courses conducted by merojob (next 5 trainings).
- Training follow up meeting- Sharing experience and further learning.
- Networking Meeting- From each training session Five participants who provide effective and constructive feedback shall be invited to a networking dinner to be organized by merojob every three months.
- Interested participants shall be provided an opportunity to demonstrate training and coaching skills in the existing training courses of merojob or effective training subjects shall be welcome including career counseling opportunities.