



Workplace Training Programs

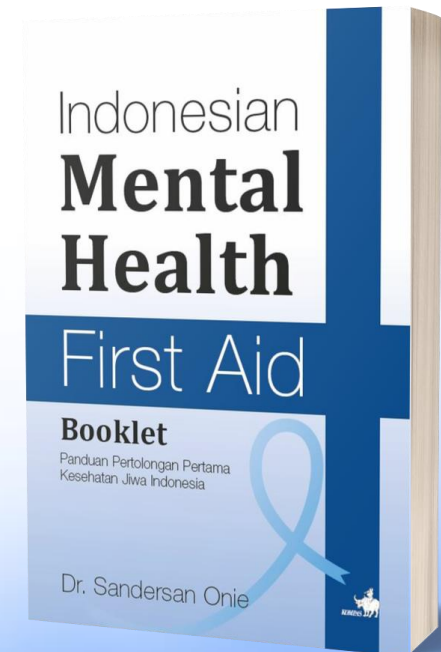
Emotional Health for All (EHFA)
in collaboration with
Indonesian Institute of Management (IIM)



Who we are

A foundation focused on ensuring we have healthier people, with a focus on corporate and community settings

- Published the first Indonesian Mental Health First Aid Booklet
- Have led training for international corporations, schools, government organisations
- Internationally recognized, and featured in outlets such as Forbes Magazine, Kompas and Jakarta Post.





Why we are different

- ✓ **We aren't imitating what is done overseas, we are carefully adapting it to a local Indonesian context using internationally recognized research expertise**
- ✓ Published in world leading journals, regarding mental health, reducing stress and adapting wellbeing interventions for Indonesia



For example:

From advising workplace programs, on average,

5% of employees

use EAP programs effectively across industries
due to a lack of help seeking culture and stigma

– so all our local programs incorporate stigma reduction practices

Why workplace wellbeing is important for productivity

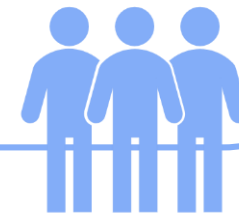
Psychosocial injuries are costing companies more than physical injury



Every dollar invested in wellbeing returns \$5 in productivity



By understanding wellbeing, we can maximize the productive potential and impact of our people





Companies we have worked with



BOSCH



Ibunda



Grant Thornton





Programs and Offerings

Note: the content and costs can be negotiated to fit the needs

Indonesian Mental Health First Aid

Full Format

Short Format

Indonesian Mental Health First Aid

Full Format

A course which aims to educate individuals on in depth mental health and wellbeing concepts, equip individuals to help themselves and others in general settings, and manage emergency situations that commonly occur

— Learning Objectives

- Understand and communicate how wellbeing affects productivity
- Identify poor mental health and early signs of mental health disorders
- Provide first aid and prevention for poor mental health
- Practice and communicate strategies to promote wellbeing
- Provide first aid for emergency situations e.g., panic attacks and suicidal ideation
- Understand pathways for help referral



Indonesian Mental Health First Aid Full Format

— Format

4 hour total (4.5 hours with assessment for accreditation): 2.5 hours one way content, 45 minutes hour case discussion, 30-minute QnA, 15 min break (online or in person); optional additional 30-minute assessment for certification

[Certificate is provided](#); optional accreditation is provided in partnership with Indonesian Institute of Management with additional assessment

— Flat rate cost

Cost: IDR 20 mio, IDR 25 mio with accreditation and assessment (max 50 pax), for more please call | Optional bundling 70rb with booklet

— Topics

- **Understanding Mental Health**
 - What is mental health and how it affects productivity
- **Identifying signs of poor mental health in self and others**
 - General symptoms of poor wellbeing
 - Identifying signs and symptoms of mental disorders and psychosocial injury
- **First Aid Skills**
 - Asking
 - Listening
 - Responding
 - Actioning
 - Managing and understanding stigma



Indonesian Mental Health First Aid

Full Format

— Topics

- **Strategies to manage stress and poor wellbeing in self and others**
 - Disengagement and Distressing
 - Community and Support Culture
 - Work-life Integration

- **Emergency Situations**
 - Panic Attacks
 - Suicidal Risk



Indonesian Mental Health First Aid

Short Format

A short course which aims to educate individuals on the importance of mental health and wellbeing and equip individuals to help themselves and others

— Learning Objectives

- Understand and communicate how wellbeing affects productivity
- Identify poor mental health and early signs of mental health disorders
- Provide first aid and prevention for poor mental health
- Practice and communicate strategies to promote wellbeing

— Format

1.5 hour total; 1 hour material + 30 min QnA; Certificate is provided

— Cost

Cost: IDR 10 mio (max 200 pax) | Bundling with booklet : additional 70k per pax



Indonesian Mental Health First Aid

Short Format

— Topics

- **Understanding Mental Health**
 - What is mental health
- **Identifying signs of poor mental health in self and others**
 - General symptoms of poor wellbeing
 - Identifying signs and symptoms of mental disorders and psychosocial injury
- **First Aid Skills**
 - Asking
 - Listening
 - Responding
 - Actioning
- **Strategies to manage stress and poor wellbeing in self and others**
 - Disengagement and Distressing
 - Community and Support Culture
 - Work-life Integration



Workplace Wellbeing & Productivity Course

Accredited Course

Day Seminar

Leading a healthy and productive workplace

A comprehensive course which aims to equip managers and HR to lead themselves, teams, and company to become healthier using current science-based practices

— Learning Objectives

- Understand in-depth
- Understand how to implement wellbeing and productivity practices for individuals, teams, and companies
- Create culture change through practical implementation skills (e.g., tackling stigma)



Course

Leading a Healthy and Productive Workplace

— Format

Full day, 09:30 – 17:30

Accreditation is provided in partnership with Indonesian Institute of Management with additional assessment

— Cost

Public class: 2 mio per person for certificate, 2.5 for accreditation for general classes; private classes minimum 40 mio total spend

Next available public class: [8th October 2022](#)

Workplace Wellbeing & Productivity

— **Topics** (Each topic will have case study discussions with a case study for the final assessment)

- **Workplace and Wellbeing**

- Relationship between wellbeing, productivity and leadership
- Traditional workplace values vs. A healthy workplace
- What is killing your productivity

- **Individual Wellbeing and Productivity**

- 3 Factors of Wellbeing: Workplace, Non-Workplace Internal, Non-Workplace External
- Assessing individual wellbeing
- Interventions for individual wellbeing

Workplace Wellbeing & Productivity

— **Topics** (Each topic will have case study discussions with a case study for the final assessment)

- **Team Wellbeing and Productivity**

- Leadership and Wellbeing
- Communicating wellbeing and productivity concepts
- Healthy workplace practices e.g., flexibility, job

- **Strategic Change and Policy**

- Assessing corporate culture and unhealthy workplace dynamics
- Understanding what will work for whom
- Incorporating external services effectively (e.g., EAP)
- Managing and reducing stigma
- Implementing company-wide practices successfully



Tailored Talks on Wellbeing and Productivity

Companies may also request tailored talks according to current situations. For example, many companies requested talks specifically for managing stressors and changes from COVID 19 lockdowns and uncertainty.

– Format

Negotiable

– Flat Rate Cost

6.5 mio/hour – recommended booking 3 months to 1 year in advance

– Common Topics

- Conflict resolution in the workplace
- Managing burnout and stress while working remotely
- Staying healthy and productive during the pandemic



Corporate Consulting Service



Company Wellbeing and Productivity Consulting Service

Each company is unique in its current culture, what healthy looks like, what interventions are needed and what steps are needed. Thus, companies may opt for a tailored consulting service.

This includes:

- In depth analysis into the company dynamics and culture through qualitative and quantitative data collection
- A written report and presentation into the necessary strategies
- Providing tailored assessment tools and wellbeing interventions
- Accompanied implementation of interventions and policies
- Providing several talks and workshops necessary according to the proposed strategy

Costs to be negotiated, on average 70 mio for 6 months; however, only 2 clients are taken per year and highly selective

Our Trainer and Consultant



Dr. Sandersan Onie


- PhD in psychology from UNSW Sydney
- Leads global projects for wellbeing, including with Ministry of Health and WHO Indonesia leading a national strategy
- TEDxSydney Speaker
- Research scholarship in Harvard University
- World leader in Indonesian cultural mental health and wellbeing
- Mental Health lead at C20 G20 event
- Featured in Forbes Magazine, ABC, Kompas and many more.



Contact Person

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