



SCHOOL OF EXECUTIVE EDUCATION
AND LIFELONG LEARNING

Mental Wellness Program Development Bootcamp for Human Resources Managers

Wellness is not “one-size-fits-all”.

Develop the program that fits just right for your organization

Program starts in January 2023



SCHOOL OF EXECUTIVE EDUCATION
AND LIFELONG LEARNING

Mental Wellness Program Development Bootcamp for Human Resources Managers

OVERVIEW

The pandemic has brought to light the criticality of maintaining our Mental Wellness. The sudden shift in work setup has introduced a variety of Mental Wellness challenges including feeling sad, confused, fearful, being worried, having mood changes, lethargy, detachment, substance abuse and more.

Companies have begun to recognize the importance of supporting their employees in their Mental Wellness.

At the start of the pandemic, the most common support companies gave were information and awareness webinars featuring speakers, subject matter experts or mental health professionals. This is all good ... at the start. At a certain point, employees need more than just information and awareness. After all, there is so much information available on the Internet and yet so many people are suffering from Mental Wellness issues.

Human Resources groups need to go deeper into evaluating the real needs of their employees. They need to set a vision/manifesto for Mental Wellness. And the leaders must push forward in designing, implementing, measuring and improving their Mental Wellness program to address their employees' needs.

The Mental Wellness Program Development Bootcamp aims to equip HR Managers with the frameworks, tools, practical tips and real-world cases to guide them in forging their own Mental Wellness Program.

PROGRAM OBJECTIVES

This interactive online program aims to guide HR Managers in laying out the foundations of a cohesive Mental Wellness Program for the organization. The program will equip HR Managers with tools and skills that will help them select team members for the Mental Wellness team, assess the current level of Mental Wellness, and identify critical factors affecting Mental Wellness. Within the program, the HR Managers will develop their own customized program complete with the vision, interventions, escalation protocols, all the way to monitoring and evaluation. The HR Managers come out with their company's blue-print for Mental Wellness ready for adoption by their organization.

PROGRAM SCHEDULE

January 27, February 3, 10, 17, 24, 2023

8:30 AM to 12:00 PM (GMT +08) on all dates

PROGRAM FORMAT

Delivered online via live virtual interactive sessions in Zoom

PROGRAM FEE

PHP 25,990.00 or USD 520.00*

* The prevailing exchange rate at the date of payment may apply.

YOUR PROGRAM FACULTY



Edwin S. Soriano
Adjunct Faculty
Asian Institute of Management

To find out how you can participate, contact us at SEELL@aim.edu or visit <https://go.aim.edu/seellinquiries>

Download our latest program calendar at <https://go.aim.edu/seellprogramcalendar>



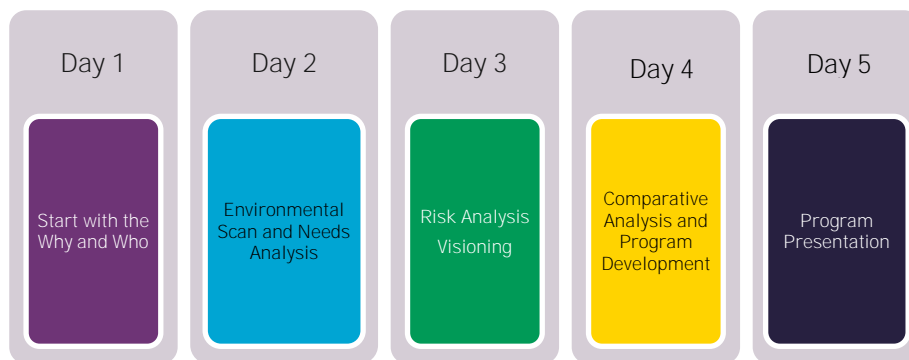
FOR INQUIRIES:
School of Executive Education and Lifelong Learning, Asian Institute of Management
Eugenio Lopez Foundation Building, Joseph R. McMicking Campus
123 Paseo de Roxas, Makati City Philippines 1229
SEELL@aim.edu | +632 8892 4011 | www.aim.edu



WHAT YOU WILL LEARN

This program orients the participants towards a more empowering perspective about the importance of Mental Wellness in their organization. It equips participants with frameworks that guide them through discovering the real needs of their employees for Mental Wellness (often hidden from plain view), to measuring/benchmarking the Mental Wellness of the entire organization, to envisioning and building the Mental Wellness Program from where they are to where they want to be.

At the end of the program, participants would have defined the problem, evaluated possible solutions, conducted “market testing” and presented their customized Mental Wellness Program for their own company.



KEY BENEFITS

Well-Structured Program

The online program offers a venue for high-impact learning with real-time, experiential, and interactive online sessions.

Enhanced Human Resources Management Skills and Leadership Capabilities

The program develops top-notch Human Resource Managers and Business Partners with enhanced leadership capabilities, knowledge of key people systems, and critical skills for transforming organizations and working teams amidst disruption and challenges.

Enhanced Employee Engagement and Commitment Amidst Disruption

With effective Human Resource Managers and Business Partners, organizations will benefit from a highly engaged and committed workforce that is prepared to face business transformation amidst a volatile business environment.

WHO SHOULD ATTEND

Human Resources Managers, Business Partners, and Specialists who want to improve the overall Mental Wellness of their organization. Line Leaders in Operations who recognize the signs of Mental Wellness and want to do something about it. Entrepreneurs and Business Owners who want to manage their business better through a Mentally Safe working environment.





**SCHOOL OF EXECUTIVE EDUCATION
AND LIFELONG LEARNING**



Edwin S. Soriano
Adjunct Faculty
Asian Institute of Management

Edwin S. Soriano has been Coaching Executives for various programs of the Asian Institute of Management since 2017. Being an alumnus of AIM for the Master in Development Management (2005), he has once again joined the institute as Adjunct Faculty.

Edwin discovered his calling for coaching in 2007 when, at a rock-bottom time in his life, he experienced the transformative power of Life Coaching. Since then he has developed his Coaching toolkit through Co-Active Coaches Training (PSI), NLP Practitioner Training and New Code NLP Practitioner Training (Asia Pacific Council of NLP), Transformative Coaching (Coach Masters Academy Approved Coach Specific Training by the International Coach Federation), NLP Master Certification Training (Sure Success Global) and NLP Global Trainers Training (NLP Academy by Co-Creator John Grinder, Carmen Bostic St. Claire and Michael Carroll, UK). Edwin leads a team of coaches in Winning Coaching, conducting training and life coaching for companies needing support in their Mental Wellness programs.



FOR INQUIRIES:
School of Executive Education and Lifelong Learning, Asian Institute of Management
Eugenio Lopez Foundation Building, Joseph R. McMicking Campus
123 Paseo de Roxas, Makati City Philippines 1229
SEELL@aim.edu | +632 8892 4011 | www.aim.edu



Earning a SEELL Post-Graduate Certificate and Diploma

SEELL offers Post-Graduate Stackable Certificate Courses in various areas of concentration and discipline, which build an individual's qualifications and distinguish their professional value. It enables professionals to develop their proficiency in diverse areas of concentration in a personalized and more manageable manner.

By successfully completing SEELL's programs, credentials can be earned over time, stacked towards earning a Post-Graduate Certificate in an area of their choice and, ultimately, a Post-Graduate Diploma in Management. These credentials lead to more career opportunities, advancement, and potentially high-paying jobs.

EARNING CREDENTIALS

Completing the program earns participants One (1) unit, which can be credited to the following:

- Post-Graduate Certificate in Leadership and Management
- Post-Graduate Certificate in Human Resource Management

*Post-Graduate Certificates require five (5) units earned within two (2) years.

Participants will also earn One (1) unit, which can be credited to the Post-Graduate Diploma in Management.

*The Post-Graduate Diploma in Management requires a total of twenty (20) units earned within three (3) years.

ELIGIBLE PROGRAMS

For guidance on other eligible programs for Post-Graduate Certificates and designing your learning journey with SEELL, please email us at SEELL@aim.edu or visit our website at <https://executiveeducation.aim.edu>



FOR INQUIRIES:
School of Executive Education and Lifelong Learning, Asian Institute of Management
Eugenio Lopez Foundation Building, Joseph R. McMicking Campus
123 Paseo de Roxas, Makati City Philippines 1229
SEELL@aim.edu | +632 8892 4011 | www.aim.edu