Vivacity
COUNSELLING & CONSULTING

FOR ORGANISATIONS

The Vivacity Workplace Wellbeing Program

One question, four levels.

What is mine, what is ours, and what belongs to the workplace? Each level of your organisation has its own part of the answer, and its own path.

1
The organisation
What belongs to the workplace

Workplace Conditions Check

A structured review of workload, roles, fairness, leadership and the route to help, built on the ten areas of risk in the WHO guidelines on mental health at work (2022). Your leadership team rates them; an optional anonymous staff pulse adds the employees' view; a 90-minute debrief agrees up to three priorities and the right action for each.

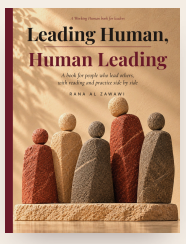
Leadership review · staff pulse · debrief

Quoted on request

2
Leaders
The conditions a leader creates

Leading Human, Human Leading

Seven units for people who lead others: what you reward without meaning to, how your team is really doing, making it safe to speak, sharing opportunities fairly, sensitive conversations, unwritten rules, and turning fairness into decisions.



Leaders' cohort, with the book

Quoted on request

3
Teams
Within yourself, and with others

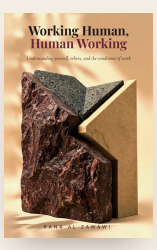
Track A · Mental Health Literacy & Resilience at Work
Track B · Workplace Communication Skills

Fourteen live modules, one for each chapter of the book: meaning, stress, resilience and regulation in Track A; listening, voice, feedback, conflict and influence in Track B. Any module can be booked on its own.

2-hour modules · 12–15 people · in person, online or hybrid · Arabic or English

From 10 JOD per person per module
Short Track from 600 JOD
Full Program from 1,200 JOD

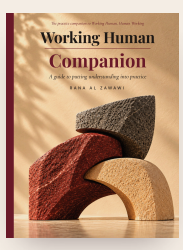
4
Every person
Something to return to



THE BOOK

Working Human, Human Working

The book behind the program: every module has its chapter.



ITS PRACTICE COMPANION

Working Human Companion

Exercises and check-ins for every chapter, for the weeks after the training.



FOR THE YEAR

Working Human Planner

One stage of the book each month, with a small practice every week.

Books and planner, in Arabic and English

Available at launch

How organisations usually start

1. Begin with the Conditions Check, so training is aimed where it is needed.
2. Choose the modules or tracks that match your priorities.
3. Bring your leaders in, because they shape the conditions.
4. Give every participant the book, its companion and the planner to return to.

Privacy, at every level

Personal answers and reflections are never shared with the organisation. We report group results only, for groups of ten or more.

Led by Rana Al Zawawi, Licensed Professional Counsellor, with more than thirty years in workplace and humanitarian mental health.

Book a short scoping call

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UN agencies and international organisations: quoted on request. Prices in Jordanian dinars, for Jordan.