

Vivacity Workplace Wellbeing Program

Mental health literacy, resilience, and communication skills training — built for teams, delivered by a licensed counsellor with three decades of clinical and humanitarian experience.

\$1 Trillion

annual cost of depression and anxiety to the global economy, driven by lost productivity (WHO)

4-to-1

return in health and productivity for every \$1 invested in treating common mental disorders (WHO)

30+ Years

of clinical, humanitarian, and organizational experience behind this program

The Program

A structured training program built for organizations that want to invest in their people — reducing burnout and turnover, and building the communication skills that hold teams together under pressure. Delivered as two focused tracks of seven modules each, or combined as a complete program.

TRACK A

Mental Health Literacy & Resilience at Work

- Foundations: Understand Yourself
- Understand Your Mental Health & Wellbeing at Work
- Mental Health Awareness, Stigma & Help-Seeking
- Understanding & Managing Workplace Stress
- Resilience & Positive Coping
- Emotional Regulation & Problem-Solving
- Time, Energy & Self-Care

TRACK B

Workplace Communication Skills

- Active Listening, Empathy & Supportive Communication
- Assertive Communication & Healthy Boundaries
- Giving & Receiving Feedback
- Navigating Difficult Conversations & Conflict
- Written & Remote Communication
- Communicating Across Differences
- Communicating with Influence

Formats & Duration

Tier	Duration	Group Size	Best For
Single Session	2 hours	12–15	Any one module, delivered as a focused, low-commitment introduction
Short Track	2 days	12–15	All seven modules of one track, condensed and application-focused for busy teams
Full Program	2 weeks	12–15	Track A combined with Track B — the complete program, paced to make the learning stick
Manager Add-on	2 months	12–15	An ongoing coaching cadence for managers and HR after the core program LAUNCHING SOON

Available in-person in Amman, virtual, or hybrid — delivery is tailored to your organization's needs.

Why Vivacity

- Rana Al Zawawi, Director & Therapist, Vivacity Counselling & Consulting — since 2019 (Founder, 2012)
- Licensed Professional Counsellor, Ministry of Health – Jordan
- Member, Jordanian Psychological Association & Canadian Counselling and Psychotherapy Association
- 30 years across clinical practice, humanitarian leadership (UNRWA, UNDP/UNDSS Yemen, MSF-France, UN Women), and academic teaching

Investment

\$14 per participant

Applies across all tiers. Final quotes are tailored to group size, format, and delivery timeline.

Ready to bring this to your organization? vivacitycounselling.org • info@vivacitycounselling.org