

Improving Mental Wellbeing for Organizations

We are a China-based Social Enterprise committed to supporting businesses to enrich their company culture and create meaning for employees by building mentally healthy workplaces. We mainly cover Asia-Pacific and we are widely recognized for our social impact.



Partner & Advisor

Co-create & provide customized strategy and advisory services to clients for organizational workplace mental health initiatives including supporting their external branding campaigns to promote mental health to their end customers.



Guide & Educator

Change employees' mindsets and behaviours towards mental health through awareness, knowledge, and skills-building.

Contact us now to discuss your ideal
workplace!
www.bearapy.me
Email: client@bearapy.me



BEARAPY
SUSTAINABLE WORKPLACE
MENTAL HEALTH



改善工作场所的 心理健康

我们是一家位于中国的社会企业，致力于通过建立心理健康的工作场所来支持企业丰富其企业文化并赋予员工工作的意义。我们业务主要覆盖亚太地区，我们的社会影响力得到了广泛的认可。



专业顾问

为客户提供共同打造的、定制化的战略和咨询服务，制定企业的心理健康方案，包括支持他们的外部品牌推广活动，向他们的终端客户宣传心理健康。



指导和教育者

通过提升心理健康的认知、知识和技能，改变员工对心理健康的行为和观念。

现在就联系我们，讨论你的理想工作场所!

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BEARAPY
SUSTAINABLE WORKPLACE
MENTAL HEALTH





Partner, Advisory & Consulting on Workplace Mental Health

Align Business Processes with Company Vision & Values

Enrich the company's workplace mental health culture to reflect company vision and values:

- Design curricula to align with internal leadership development, improve talent retention and management, and support diversity & inclusion
- Connect mental health initiatives with Employee Value Propositions
- Create a committed and meaningful workplace

Comprehensive Employee Wellbeing Strategy

Co-create and provide customized strategies and initiatives to support senior Leadership, Human Resources, and employees' in implementing wellbeing into the organization.

Contact us now to schedule a strategic meeting!

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Approach & Methodology

All our change management services are experiential and customized including:

- Advisory and recommendations for Strategy Plans
- Align with company culture
- Review HR processes and policies
- Focus Groups, Surveys, and Interviews with analysis and recommendations
- Presentations to Boards and Senior management to build business cases
- Market insight & research
- Advise & design internal and external communication campaigns
- Combine our Educational services for strategy implementation





工作场所心理健康 的咨询和合作

使业务流程与公司愿景和价值观一致

改善企业的工作场所心理健康文化，以反映公司愿景和价值观：

- 设计课程以配合内部领导力发展，改善人才保留和管理，并支持多样性和包容性
- 将心理健康方案与员工价值主张联系起来
- 创造一个有承诺和有意义的工作场所

全面的员工身心健康战略

共同创建定制化的战略和方案，以支持高级领导层、人力资源部门和员工将身心健康融入在企业中。

方法论

我们所有的变革管理服务都是体验式的和定制的，包括：

- 对战略计划的咨询和建议
- 与公司文化保持一致
- 评估人力资源流程和政策
- 焦点小组、调查和访谈，并进行分析和建议
- 向董事会和高级管理层介绍情况以建立业务案例
- 市场洞察力和研究
- 为内部和外部沟通提供建议和设计
- 结合我们的教育服务进行战略实施

现在就联系我们，安排一次战略会议！

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Educational & Skills-building for Employee Wellbeing

Build Awareness & Destigmatization

Deepen self-awareness as leaders and colleagues, to strengthen team collaboration and create empathy. Dispelling taboos and building mental health awareness is key to employees' mental resilience and productivity increases as they learn to navigate the topic with self-care to maximize their potentials.

Knowledge

Educate leaders and employees on mental health knowledge, with tools to apply to daily work environments resulting in high performing teams and stronger companies.

Mindset & Behavior Change

Recognize and learn new behavior and skills to practice in daily work and life environments to cope with challenges, and to care for others in the workplace appropriately.

Approach & Methodology

- Interactive Workshops
- Webinars
- PLAYshops for managing stress
- Keynote speeches
- Panels and Fireside chat speakers and moderators
- Lectures and seminars
- Facilitated Peer Communities in-house
- Align with your company's Mental Health Strategy with our Consulting Services

Contact us now to discuss the needs of your employees!
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员工身心健康的教育和技能提升

提升认知和消除污名

作为领导和同事，加深自我意识可以加强团队合作并创造同理心。消除禁忌，建立心理健康意识是提高员工心理韧性和生产力的关键，学会自我关怀可以帮助他们最大限度地发挥潜力。

知识

对领导层和员工进行心理健康知识的教育，并提供工具以应用于日常工作环境，从而形成高绩效的团队和更强大的企业。

观念与行为改变

了解并学习新的行为方式和技巧，在日常工作和生活环境中实践，以应对挑战并在工作场所为他人提供合适的关心。

方法论

互动工作坊 网络研讨会 管理压力的游戏心理学工作坊 主旨演讲 小组讨论和炉边谈话
发言人和主持人 讲座和研讨会
企业内部社区搭建
我们的咨询服务与贵公司的心理健康战略保持一致

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