

Now Scheduling Spring-Summer 2026 Programming

Unlock Your Team's Potential!



APRIL

Stress Awareness Month

Stress Awareness Month provides organizations with an opportunity to equip employees with practical tools to manage pressure, strengthen resilience, and maintain wellbeing during demanding work cycles.

Recommended Workshops

Preventing Burnout: Recognizing early warning signs of burnout and building sustainable work habits that support long-term performance.

Managing High-Functioning Anxiety at Work: Supporting employees who appear successful externally but struggle internally with pressure, perfectionism, and chronic stress.

Building Personal Resilience in High-Demand Roles: Practical strategies for emotional regulation, energy management, and navigating workplace pressure.

Creating Healthy Boundaries in a 24/7 Work Culture: Helping employees maintain productivity without sacrificing wellbeing.

MAY

Mental Health Awareness Month

Mental Health Awareness Month is an opportunity for organizations to normalize conversations around mental wellbeing while equipping employees and leaders with tools to support themselves and others.

Recommended Workshops

Mental Health in the Workplace: What Leaders Need to Know. Helping leaders recognize signs of emotional strain and respond with confidence and empathy.

Reducing Stigma Around Mental Health at Work: Creating a culture where employees feel safe seeking support.

Emotional Intelligence for Stronger Teams: How self-awareness, empathy, and communication improve collaboration and workplace culture.

Navigating Stress, Anxiety, and Uncertainty: Tools employees can use to maintain focus and emotional stability during challenging periods.

JUNE

Employee Wellness Month

Employee Wellness Month highlights the importance of supporting the whole employee. Organizations that prioritize wellbeing experience stronger engagement, better retention, and healthier workplace cultures.

Recommended Workshops

Sustainable Wellbeing in High-Performance Environments: Helping employees maintain productivity while protecting their mental and emotional health.

Workplace Relationships and Psychological Safety: Improving communication, trust, and collaboration across teams.

Managing Energy, Focus, and Work-Life Integration: Practical strategies for sustaining performance without exhaustion.

Supporting Employees Navigating Career and Life Transitions: Addressing the unique pressures experienced by many employees balancing leadership, caregiving, and personal growth.

Investing in employee wellness is not just a perk; it's a smart business strategy that boosts productivity, engagement, and overall organizational success.

We believe in fostering a culture of mental health and well-being.

Let's start the conversation!



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