



Organisational Wellbeing Consultancy



Organisational Wellbeing Consulting Overview

Empowering Organisations to Thrive Through Wellbeing Transformation

WHAT WE DO:

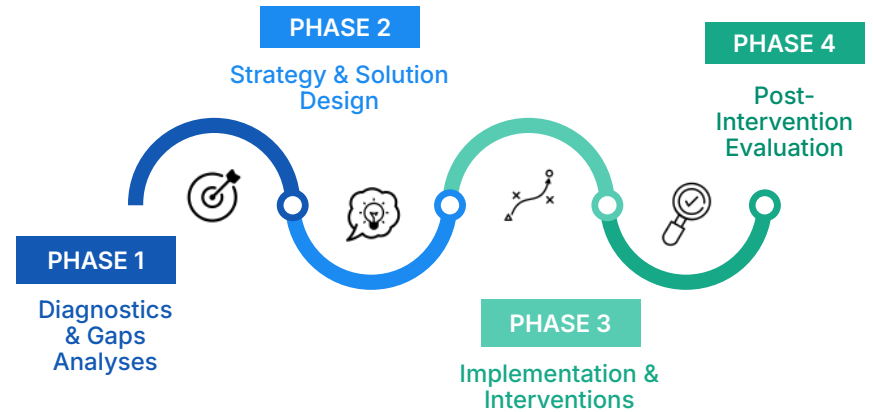
Expert-led consulting to diagnose, design, and integrate wellbeing strategies, engagement, leadership and transformational change; creating thriving workplaces for lasting impact.

We empower organisations to move beyond one-off initiatives, embedding wellbeing as a core pillar of their business strategy to drive long-term impact and organisational performance.

CONSULTING AREAS



OUR APPROACH



RESULTS-DRIVEN OUTCOMES

- ✓ **Transformed culture** of psychological safety and wellbeing
- ✓ **Clear wellbeing strategy** for sustainability and success
- ✓ **Wellbeing-centered leadership** and management practices
- ✓ **Enhanced employee wellbeing, engagement, productivity**
- ✓ **Establishment of measurable metrics** to track progress and evaluate ROI

Intellect's Organisational Wellbeing Consultancy: Consulting Areas

Tailored consulting to integrate wellbeing into L&D, leadership, culture, and strategy for lasting impact.

Workplace Wellbeing Diagnostics

Assess key factors such as burnout risk, employee engagement, and wellbeing for actionable insights.



Employee Engagement

Integrating wellbeing principles into L&D programs to build employee resilience, adaptability, and growth.



Cultural Transformation

Redefining organisational culture to prioritise psychological safety, wellbeing, and inclusivity.



Wellbeing-Centric Leadership Development

Leadership-focused engagements and interventions that integrate emotional intelligence and wellbeing-focused management practices.



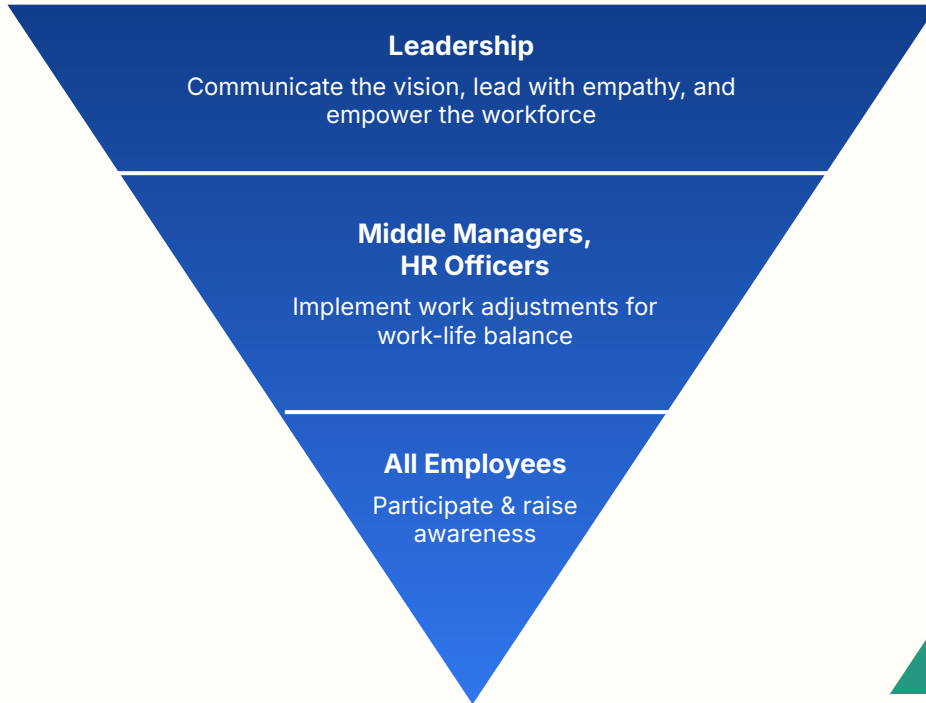
Wellbeing Strategy Development

Designing strategies to align wellbeing with business goals and foster a resilient workforce.

Our Approach: Building a Wellbeing-First Organisation

A top-down and bottom-up approach to create impactful and sustainable workplace wellbeing interventions.

Top-down:
Driving the mental health strategy



Bottom-up:
Fostering a sustainable wellbeing culture



Add-On Interventions – Enhancing Your Wellbeing Strategy

Optional Interventions to Strengthen Your Wellbeing Approach

Training & Capacity Building

- Mental Health First Aid™ (MHFA) programmes
- Interactive Workshops (for employees)
e.g. setting boundaries, growth mindset, cross-function collaboration
- Leadership Wellbeing Skills Training
e.g. psychological safety, adaptive leadership, emotional intelligence/ empathetic leadership
- Leadership coaching

Organisational Change Management

- Change management initiatives
- Cultural transformation workshops
- Mental health policy review and design

Group Interventions

- Focus group discussions
- Team-building, collaboration, and culture-building sessions
- Group coaching for targeted groups

Wellbeing & Engagement Initiatives

- Wellbeing webinars and seminars
- Mindfulness sessions
- Wellbeing challenges and campaigns