



CHAMPIONS

MENTAL HEALTH FOR BLACK PROFESSIONALS

REDEFINING CORPORATE SUCCESS

Our **Basic**, **Premium**, and **Enterprise** programs offer these benefits:

TOP 5 COMPANY BENEFITS

- Support DEI Goals
- Retain Diverse Talent
- Enhance ERG Engagement
- Improve Employee Productivity
- Update Company on Employee Needs

TOP 5 EMPLOYEE BENEFITS

- Reduce Employee Burnout
- Improve Work-Life Balance
- Support Career Advancement
- Increase Feelings of Inclusion
- Cultivate Emotional Resilience

THE CRISIS IS COSTLY

While **75% of Black employees experience mental health challenges** each year, **only 30% get help** due to the cultural stigma and shame surrounding therapy in the Black community. This avoidable trend leading to low productivity, rapid burnout, and high turnover is likely costing your company a fortune.

THE SOLUTION IS SIMPLE

By removing the stigma and shame surrounding mental health, our program provides a safe space for Black employees and allies to discuss mental health concerns without fear. By empowering employees with tools for mental health, **our program leads to improved productivity, longevity, and retention.**



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ONLINE GROUP SEMINARS

50-minute online group seminars give your employees a detailed understanding of therapy and counseling, and how to use these tools to achieve work-life balance and holistic success. These seminars **include education, group discussion, effective tools, and award-winning resources.**

TOPICS INCLUDE:

1. Psychotherapy and Counseling
2. Stigma and Black Mental Health
3. Healing Symptoms of Depression
4. Overcoming Abuse and Trauma
5. Achieving Work-Life Balance
6. Avoiding Employee Burnout
7. Tools for Anxiety and Panic Attacks
8. Acknowledging Grief and Loss
9. Managing and Relieving Anger
10. Improving Low Self-Esteem

LIVE SUMMITS

Our LIVE summits unite your employees around a culture of optimal mental health. During this transformative event, employees gain effective tools that empower them to **cultivate work-life balance and achieve holistic career success.**