

MENTAL HEALTH WORKSHOPS FOR COMPANIES

Practical tools your team uses **the next working day.**

Evidence-informed workshops for companies, international teams, schools and universities, led by our psychologists, counsellors and coaches.



Mental health support for international teams since 2020

Prague Integration offers tailor-made, practical mental health workshops for companies, organisations, schools and universities. We are an international team of 30+ psychologists, psychotherapists, counsellors, trainers, business coaches and advisors, supporting expats, locals and employers across the Czech Republic.

Our trainers bring wide experience in mental health and wellbeing in corporate settings. We have delivered workshops for international clients including the LEGO Group, Siemens, Multitude and Hellenic Bottling Company (Coca-Cola HBC), and partner with around 30 companies.

Every session is built to be applied the next working day: concrete tools, real workplace examples and time for questions.

2020

founded in Prague

30+

psychologists,
counsellors and coaches

~30

partner companies

5

languages of counselling

COMPANIES OUR TRAINERS HAVE WORKED WITH



Why it matters

Mental health problems are among the most common reasons for sick leave in Europe, causing absenteeism, reduced productivity and real costs for businesses. Training your people to look after their own mental health, and to support each other, builds a healthier and more sustainable workplace.

Seven core workshops

Each can be delivered for managers and staff at all levels, for existing teams or mixed groups, and adapted to your industry and goals.

01 Mental Health First Aid

Gives participants the knowledge, skills and tools to provide initial support to a colleague experiencing a mental health challenge or crisis. It reduces stigma, improves understanding of common mental health issues, and helps people guide others to the right resources.

PARTICIPANTS WILL

- Increase awareness and understanding of mental health issues in the workplace
- Develop skills to recognise the signs of mental health challenges
- Learn the basics of communication when addressing mental health concerns
- Gain knowledge of available mental health resources and services

For Managers and staff at all levels **Length** Typically 90–120 minutes

02 Burnout Prevention Program

For employees experiencing moderate to high levels of workplace stress. Burnout causes serious disruption, financial losses and unnecessary suffering; training your team in prevention boosts productivity and builds a more sustainable culture.

PARTICIPANTS WILL

- Learn about stress and burnout
- Cover the 12 stages of burnout (Freudenberger) and how to recognise them
- Reflect on their own stress level
- Identify stressors and use coaching tools to reduce them
- Develop a personal (or team) burnout prevention plan

For Staff and managers at all levels; individuals or existing teams **Length** Half-day or full-day

03 Stress Management & Resilience Training

Practical, evidence-based techniques to regulate stress in the moment and strengthen long-term resilience, so employees stay effective under pressure without paying for it with their health.

PARTICIPANTS WILL

- Understand how stress works in the body and mind
- Learn quick techniques to calm down in demanding moments
- Build daily habits that strengthen long-term resilience
- Create a personal stress-management plan

For All employees, including early-career and graduate programmes **Length** 90 or 180 minutes

04

Building Resilience and Managing Change

Helps teams navigate restructuring, new leadership or shifting priorities with less stress and more adaptability, combining resilience tools with practical strategies for coping with change.

PARTICIPANTS WILL

- Understand typical reactions to change and why it feels stressful
- Learn tools to stay grounded and focused during transitions
- Strengthen personal and team resilience
- Identify what is within their control and act on it

For Teams going through change and the leaders guiding them

Length Tailored to the group

05

Neurodiversity in the Workplace

An introduction to neurodiversity, including ADHD and autism, that raises awareness of common patterns of behaviour and helps your workplace understand, support and employ neurodivergent people. Delivered repeatedly for the LEGO Group.

PARTICIPANTS WILL

- Understand what neurodiversity is and why it matters at work
- Recognise common patterns and needs of neurodivergent colleagues
- Learn practical adjustments that help everyone work well together
- Build a more inclusive and supportive team culture

For Managers, HR, inclusion teams and all staff

Length 90 minutes or tailored

06

Men's Mental Health & Emotional Wellbeing

An open, stigma-free conversation about the pressures men face at work and in life, emotional wellbeing, and when and how to seek support. Available as an interactive workshop or a moderated panel series.

PARTICIPANTS WILL

- Talk openly about stress, pressure and emotions
- Recognise warning signs in themselves and colleagues
- Learn where and how to get support

For All staff; ideal for Men's Mental Health Month (November)

Length Single session or series

07

Mindfulness at the Workplace

For employees who want to manage stress, difficult emotions or repetitive thoughts better. It also strengthens concentration, increases satisfaction and helps people live more in the present moment.

PARTICIPANTS WILL

- Learn practical mindfulness techniques for stress management
- Use mindfulness to handle strong emotions and repetitive thoughts
- Improve focus and presence at work

For Existing teams or interested individuals

Length Two-hour workshop, themed follow-ups or a 5–8 week course

Tailor-made workshops

A specific topic or challenge in your team? We design a workshop around your needs, for companies, schools, universities and NGOs.

On request

NEW FOR 2027

Six topics few employers address yet

Mental health pressures that are growing fast. Each can run as a 60-minute masterclass, an interactive workshop or a moderated panel.

08

Change Without Fear: Staying Steady While AI Reshapes Your Job

In a 2026 survey, 49% of employees feared losing their own job to AI and 24% said AI already harms their mental health (Modern Health). Companies train people to use AI tools, but rarely help with the fear underneath.

PARTICIPANTS WILL

- Name what worries them about AI and separate facts from fears
- Stay calm and focused when the future of their role feels uncertain
- Focus on what they can control: skills, relationships, adapting
- Know where to get support if worry affects sleep or work

For All employees, especially teams facing automation or restructuring

Length 60-minute masterclass or 90 minutes

09

Caring for Everyone But Yourself: Support for Working Caregivers

Employees caring for both children and ageing parents suffer stress at nearly double the rate of their peers (Mercer Marsh Benefits). Most companies offer parental leave, but almost nothing for eldercare.

PARTICIPANTS WILL

- Recognise caregiver stress and burnout
- Work through guilt and set boundaries between work, children and parents
- Learn small daily habits that protect their own health
- Know how to ask their manager for flexibility

For All employees; an add-on to family and flexible-work policies

Length 60 or 90 minutes

10

Menopause at Work: What Every Team Should Know

In a 2025 survey of professional women, 83% said menopause symptoms affect their work, yet 73% had never taken sick leave for it, and talking to management was the biggest barrier (HCA Magazine).

PARTICIPANTS WILL

- Understand perimenopause and menopause, including mental health symptoms
- Learn practical adjustments, from flexibility to meeting habits
- Talk about it at work without embarrassment
- (Manager version) Start the conversation and know what to offer

For All staff, with a separate version for managers and HR

Length 60 or 90 minutes

11

Who Supports the Supporter? Wellbeing for Managers

Manager engagement fell from 30% to 27% in one year, and leaders report more daily stress and loneliness than the people they manage (Gallup). Companies rarely support the managers themselves.

PARTICIPANTS WILL

- Recognise their own warning signs of strain and isolation
- Share challenges confidentially with peers
- Set limits on how much of their team's stress they carry
- Leave with a personal plan, with optional coaching afterwards

For Team leads and middle managers

Length A small-group series of three 90-minute sessions

12

Managing ADHD at Work

More adults than ever know they have ADHD, but most neurodiversity training stops at awareness. This practical session is led by our ADHD coach and follows on from Neurodiversity in the Workplace.

PARTICIPANTS WILL

- Understand how ADHD affects focus, time, planning and emotions
- (Manager version) Agree simple adjustments for the whole team
- Learn concrete strategies for workload, deadlines and meetings
- Know the routes to assessment and coaching

For Employees with ADHD or who suspect it, their managers, HR

Length 90 minutes

13

Thriving Abroad: Support for International Employees and Their Families

When a relocated employee's partner or children struggle with isolation, loss of identity or a new school, the employee struggles too, and assignments can end early. Relocation firms rarely cover the family's mental health.

PARTICIPANTS WILL

- Understand the emotional stages of moving and settling in
- Build a support network in a new city
- Recognise loneliness and low mood early, in themselves and family
- Know where to get confidential help in English and other languages

For Relocated employees and their partners; optional partner support group

Length 90 minutes or a series

Built around your organisation

Formats

Interactive workshop, 60-minute masterclass (45 min + 15 min Q&A), moderated panel, half-day or full-day programme, multi-week course; single sessions or a series.

Length

60, 90, 120 or 180 minutes, half-day or full-day, depending on the workshop and your needs.

Delivery

On-site at your premises, at our office in Prague 1, online or hybrid.

Languages

English, Czech, Russian, Spanish and more.

Groups

Existing teams, mixed groups or interested individuals; managers and staff at all levels.

Tailoring

Content, examples and length adapted to your team's needs, industry and current challenges.

OUR TRAINERS

The people who lead your sessions

Every workshop is led by a practising mental health professional with experience in corporate settings.



Mgr. Kara Regas
Mental Health Counsellor



Benedikt Říčný
Psychologist



Mgr. Denisa Dave, PCC
Psychologist and Coach



Daniel Espitia
Counsellor



Jamie Martindale
Counsellor



**Karolina Nitiray
Dvorakova**
Mental Health Counsellor and
Educator



Magdalena Njegić, MA
Psychologist



**Siun Prochazka, PCC
PCAC**
ADHD Coach



Part of our team at the Prague office

Employee Assistance Programme

Combine workshops with our EAP: a confidential safety net that gives every employee fast access to professional mental health support, not just a one-off session.

Fast access

14+ dedicated counsellors and psychologists, available within 24 hours

5 languages

Counselling online or in person, fitted around your team's schedule

On-site option

A therapist at your premises, weekly or biweekly

Workshops included

Tailor-made workshops and programmes built into the plan

Fully confidential

The company sees only anonymous numbers, never who asked or why

Any company size

Online, in person or hybrid



BOOK A WORKSHOP

Amanda Mataija

CEO, Prague Integration

contact@pragueintegration.cz

+420 608 573 256

Mezibranská 4, 110 00 Praha 1

www.pragueintegration.cz

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