



CUSTOM CORPORATE WELLNESS

2024 Package



Custom wellness programs that provide the support your workplace needs to be healthy, happy, and delivering for customers.

WWW.SORAYACARRIMCOUNSELLING.COM

IT'S TIME TO PRIORITIZE YOUR EMPLOYEES' MENTAL HEALTH

When you invest in your employees' mental health, you're supporting a diverse workforce, improving productivity, and helping break the stigma.

Compass Health is proud to offer custom corporate wellness programs to businesses of all sizes and from all across Canada.

Fully customizable based on your unique needs and corporate culture, our expert therapist – Soraya Carrim, M.Ed, CCC – will build mental health and wellness programs that are the right price, content, and delivery method for teams of all sizes.

The ever-changing realities of our workplaces, the news cycle, and the events of the past few years have made it hard to cope. The exhaustion is palpable, isn't it? We are all struggling.

- In any given year, 1 in 5 people in Canada will experience a mental health problem or illness.
- Since COVID-19, fewer Canadians report having excellent or very good mental health; from 68% in 2019 to 55% in 2020.
- Every week, 500,000+ Canadians miss work due to mental illness.
- 56% of Canadian employers consider the continuous rise in employees' mental health claims to be a top concern.

Compass Health's custom corporate offering is perfect for any team in need of new tools to manage stress, despite challenging times.

- Virtual or in person, via lunch and learn, custom length workshop, or multi-week program
- Programs focussing on common issues topic-by-topic and pairing those tough topics with coping techniques
- Planning support for management with advice and materials for seamless planning, launch, and delivery
- Ongoing support through Compass Health Centre's suite of counselling and mental health therapy services

SORAYA CARRIM | M.ED, CCC

With over 12 years of experience as a Counsellor and expertise in anxiety, depression, stress management, conflict resolution, anger management, phobias, identity and belonging, and chronic pain, Soraya Carrim uses therapeutic interventions such as cognitive behavioural therapy, mindfulness, and solution-focused therapies to help hundreds of clients in her role as Owner of Compass Health Centre in St. John's, NL.

A proud Newfoundlander, Soraya was born in Musgravetown and moved to St. John's at age five. Her education and career have taken her around the world – to places like Grand Falls-Windsor, Ottawa, Atlanta, Miami, New York, and Antigua – building experience and perspective along the way. Therefore, she has experience working in rural and urban populations within Canada, the USA, and internationally, and is fluent in English and French, and learning American Sign Language (ASL).

Soraya holds a degree in Behavioural Neurosciences and a Master of Education in Counselling Psychology with a thesis in anger management. In addition, Soraya is a Commissioner for the Newfoundland and Labrador Human Rights Commission.

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Ms. Carrim and the Compass Health team are provincial leaders with a multifaceted understanding of workplace and personal stress management and so much more.

A truly progressive approach to mental well-being, professional, balanced, informed and, above all, caring.

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**LET'S GET
STARTED.**

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www.sorayacarrimcounselling.com