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FOR MORE INFORMATION ABOUT
THE COURSE AND OTHER
INQUIRIES

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MYSKILLTRAINER.com®
ENHANCE LIFE THROUGH KNOWLEDGE

COMPANY PROFILE & TRAINING PROSPECTUS



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ABOUT MYSKILLTRAINER.COM

We provide expert training and consultation in Organizational Behavior and Corporate Well-being to help companies unlock peak employee performance.

WHY DO WE NEED IT?

Workplace mental health is a growing concern, with a significant portion of employees experiencing mental health challenges and a growing awareness of the impact on productivity and well-being.

A substantial number of employees experience mental health challenges, with statistics indicating a high percentage of workers reporting stress, anxiety, and other conditions.

By addressing stigma, promoting support, and creating healthy work environments, organizations can improve employee well-being, boost productivity, and foster a more positive and thriving workplace.

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**STUDIES
HIGHLIGHT
THE NEED
FOR
INCREASED
SUPPORT,
REDUCED
STIGMA, AND
PROACTIVE
MEASURES
TO ADDRESS
MENTAL
HEALTH IN
THE
WORKPLACE.**





OUR CORE SERVICES

EMPLOYEE MENTAL WELL-BEING ASSESSMENTS

- 📌 Confidential surveys & one-on-one consultations
- 📌 Personalized well-being reports with actionable insights

WHY CHOOSE US

- ✓ Evidence-based methods
- ✓ Confidential & secure assessments
- ✓ Tailored to your company culture
- ✓ Proven to reduce burnout & boost retention



PLATFORMS

- On-Site
- WHATSAPP
- WEBEX - CISCO
- ZOOM
- GOOGLE CLASSROOM



ORGANIZATIONAL BEHAVIOR TRAINING

- 📌 Leadership & team dynamics workshops
- 📌 Stress & conflict management
- 📌 Emotional intelligence & diversity programs

CORPORATE WELL-BEING PROGRAMS

- 📌 Onsite & virtual wellness sessions
- 📌 Mindfulness & resilience building
- 📌 Tailored strategies for improved morale & retention

DETAILED REPORTING & INSIGHTS

- ✦ Customized dashboards & progress tracking
- ✦ HR-friendly data-driven recommendations
- ✦ Continuous organizational health check-ups

OUR PROCESS

Consult → Assess → Analyze →
Implement → Track

TRUSTED BY

Corporates • Startups •
Healthcare • Educational
Institutions • NGOs

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