



CAROLYN THAYER-AZOFF, M.A.

**APPROACHABLE.  
PERSONALIZED.  
ACTIONABLE.**

- X Well-being initiatives are irregular, siloed, and reactive.
  - X Vendor-managed programs are cost prohibitive.
  - X Health plan offerings are rigid, impersonal, and limited.
  - X Program management is unsustainable and inefficient.
- Sound familiar? That's why I'm here.*

## SERVICES

I support businesses with sustainable workplace mental health & wellness programming, interactive workshops, program management, and consulting..

## WHY WORK WITH ME?



### **Wellness belongs in every workplace.**

I offer flexible, scalable solutions so you can find the right option for your population and resources.



### **Actions speak louder than words.**

Elevate performance. Cultivate a thriving organizational culture.



### **Whole-Person**

Just like physical health, we all have mental health. I take a proactive, inclusive, and integrated approach that factors in individual, team, and environmental dynamics.



## **Trusted Partner & Subject Matter Expert**

Hi! I'm Carolyn Thayer-Azoff, M.A. I have 15+ years of experience building strategies, programs, and teams in the workplace mental health & wellness space, including leadership roles across industries in startups through to Fortune 50 organizations. Grounded in my background in Counseling & Health Psychology, I have proven success in evidence-based mental health & well-being program development, which informs my people-centric approach, integrated frameworks, and resolute Coaching mindset.

**FOR RATES AND SCHEDULING, PLEASE REACH OUT. I'D LOVE TO HEAR FROM YOU.**

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Actions speak louder than words.

## ESTIMONIALS



## SERVICES

### WORKSHOPS

- ☑ Monthly/quarterly packages or a-la-carte.
- ☑ Each workshop includes pre/post communications, digital worksheet, and survey.
- ☑ Popular workshop descriptions on next page.

### CONSULTING & PROGRAM MANAGEMENT

- ☑ Program strategy & management
- ☑ Wellness ambassador programming
- ☑ Manager trainings
- ☑ Integrated program communications
- ☑ Wellness vendor evaluation & management

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## WORKSHOPS

### Mental Health First Aid

As a nationally certified Mental Health First Aid Instructor, I lead groups through an engaging and evidence-based training on how to identify, understand, and respond to the signs of mental health challenges and substance use disorders. Upon completion, participants earn a 3-year certificate from the National Council of Mental Wellbeing.

### Mental Health 101

We all have mental health. For most of us, it ebbs and flows. In this training, we will learn what mental health is (and is not), debunk myths, tackle stigmas, explore every day mental health promotion, and identify how to get support when you need it.

### Emotional Intelligence

Research has shown the impact of Emotional Intelligence (EQ) personally and professionally. And with motivation, intention & practice, EQ can be improved upon. This interactive workshop teaches participants skills to help recognize, understand, and manage their emotions as well as recognize, understand, and influence the emotions of others.

### Cultivating Psychological Safety at Work

By cultivating an environment where team members feel safe enough to take risks, admit mistakes, and express ideas, innovation and work performance can flourish. In this training session, we will discuss what Psychological Safety is, why it's important, and how to build a psychologically safe environment.

### Preventing Burnout

Stress is a part of life. But when stress becomes chronic it can lead to burnout. In this training session, we will discuss how to distinguish stress from signs of burnout and ways to protect your mental health proactively to avoid longer-term impact.

### Building Healthy Habits

Learn strategies and actionable steps to make positive changes in your daily routines, leading to a happier, healthier lifestyle.

### Mindfulness

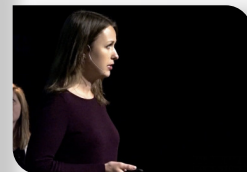
Discover practical techniques for reducing stress and enhancing focus in daily life. This interactive session offers simple yet powerful practices to cultivate greater clarity, calm, and resilience.

### Self-care is not Self-ish

Discuss the importance of self-care and learn tangible ways to build it into your daily life, in the long-run.

### Tailored Topics

Do you have a specific topic in mind and don't see it here? I can develop tailored workshops pending subject matter expertise.



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