



CAROLYN THAYER-AZOFF, M.A.

**APPROACHABLE.  
PERSONALIZED.  
ACTIONABLE.**

- ⊗ Mental well-being initiatives are siloed, irregular, and reactive.
- ⊗ It's unclear how to translate workplace mental health into action; it's also overwhelming.
- ⊗ Other programs are costly, rigid, impersonal, and limited.
- ⊗ Strategies lack direction and ongoing support

*Sound familiar? That's where I come in.*



## WHO AM I?

### Trusted Partner & Subject Matter Expert

Hello! I'm Carolyn Thayer-Azoff, M.A. I have 15+ years of experience building workplace mental health & wellness strategies, programs, and teams, 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 well-being program development and delivery, which informs my people-centric approach, integrated frameworks, and resolute Coaching mindset.

## WHY WORK WITH ME?



### Well-being belongs in every workplace.

Investing in employees' mental well-being boosts engagement and performance. My tailored, flexible, and scalable services help you find the right option to help your people thrive.



### It's what happens in the day-to-day that matters.

My services are person-first, skill-based, and designed to empower individuals, teams, and organizations to be their best, for the long-run. I lead with strategy, and excel in execution.



### I've been there - and I get it.

I've worked at all levels, from IC to leadership, and understand the need for a proactive, inclusive approach that considers individual, team, and cultural dynamics to drive meaningful results.

## HOW CAN I SUPPORT YOU & YOUR ORGANIZATION?

I support organizations with workplace strategies and programming to drive mental well-being so that individuals and teams can thrive. Read on for more details.

**REACH OUT TO LEARN MORE & GET STARTED. I'D LOVE TO HEAR FROM YOU.**

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Actions speak louder than words.

## TESTIMONIALS



 **Retain Top Performers**

 **Boost Employee  
Engagement & Motivation**

 **Promote Mental Health  
& Well-being**

## SERVICES

Helping you translate mental well-being *into action* in your workplace.

### CONSULTING & PROGRAMMING

- ✓ Strategy, program management, and measurement
- ✓ Workplace evaluation & employee insights
- ✓ Tailored programming across the employee lifecycle and organizational change phases.

### WORKSHOPS & TRAININGS

- ✓ Monthly/quarterly packages or a-la-carte
- ✓ Tailored trainings for emerging leaders, managers, champions, and ERGs
- ✓ Team engagement workshops and action plans

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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, you'll 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 recognize, understand, and manage their emotions as well as recognize, understand, and influence the emotions of others.

### Cultivating Psychological Safety

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 at work.

### Navigating Difficult Conversations

Gain practical tools and strategies to handle sensitive topics with empathy and confidence. Learn to foster open, respectful communication that promotes understanding and positive outcomes in both personal and professional settings.

### Preventing Burnout

Stress is a part of life. But when stress becomes chronic it can lead to burnout. In this training, 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.

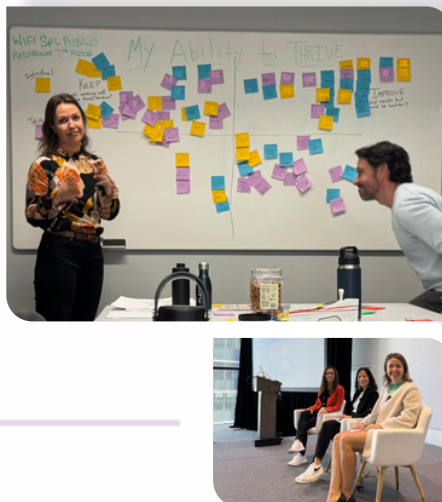
### Managers, Emerging Leaders, ERGs

An interactive workshop to assess what's working well, identify opportunities, and create action plans to enhance collaboration and performance.

### Unlocking Team Potential (workshop)

I offer tailored workshops for people leaders, emerging managers, Employee Resource Groups, and more.

*Don't know where to start or have something else in mind? Let's discuss!*



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## PUBLIC TRAININGS

### Mental Health First Aid

In support of community mental health, I also hold public Mental Health First Aid trainings throughout the year.

[Learn more](#) about the skills you will learn.

#### ***Ready to register?***

Follow these steps:

1. Click here: [www.mentalhealthfirstaid.org/take-a-course/find-a-course/](http://www.mentalhealthfirstaid.org/take-a-course/find-a-course/)
2. Select "Find courses by instructor name"
3. Enter "Carolyn Thayer-Azoff"
4. Select an upcoming course that works with your schedule!



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