



CAROLYN THAYER-AZOFF, M.A.

APPROACHABLE. PERSONALIZED. ACTIONABLE. FUTURE-READY.

- ⊗ Mental well-being programs remain fragmented, inconsistent, and crisis-driven.
- ⊗ Converting mindset principles & mental health awareness into actionable strategies feels daunting & complex.
- ⊗ Traditional solutions are expensive, inflexible, and impersonal, failing to address modern workforce needs and future workplace dynamics.
- ⊗ Many approaches lack vision, employee connection, and lasting impact.

Sound familiar? That's where I come in.



WHO AM I?

Trusted Partner & Subject Matter Expert

Hi! I'm Carolyn Thayer-Azoff, M.A., a workplace mental well-being strategist with over 15 years of experience designing and leading impactful programs across startups to Fortune 50 companies. With a foundation in Counseling & Health Psychology, I build holistic, scalable, and evidence-based solutions that drive real results. I bring a cross-functional, systems-oriented approach grounded in collaboration, strategic alignment, and execution excellence. Known for my ability to influence across levels and turn vision into action, I help organizations create environments where people—and performance—can truly thrive.

WHY WORK WITH ME?

Well-being for today — and tomorrow's — workplace.



My services are person-first, skill-based, and designed to empower individuals, teams, and organizations with the cognitive frameworks and adaptive mindsets essential for thriving in distributed, digital-first environments.

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



Investing in employees' mindset enhances resilience, innovation, and adaptability. My tailored, flexible, and future-focused services help you implement solutions that prepare your people for tomorrow.

I've been there — and I get it.



I've worked at all levels, from IC to leadership, and understand the need for integrated, consistent approaches that address individual, team, and organizational mindsets to thrive.

HOW CAN I SUPPORT YOU & YOUR ORGANIZATION?

I support organizations with workplace strategies and programming to promote mindset & drive mental well-being so individuals & teams can thrive at work and beyond. Read on for more details.

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

TESTIMONIALS

Actions speak louder than words.



Develop Mindset to Adapt, Grow and Thrive.



Boost Employee Engagement & Motivation



Promote Mental Health & Well-being

SERVICES

Turning mindset & mental well-being into meaningful, daily action at work.

CONSULTING & PROGRAMMING

- 🕒 Strategic design, hands-on execution, and outcomes that matter.
- 🕒 Culture scans & employee feedback that drive action.
- 🕒 Targeted solutions across key moments and change cycles.

WORKSHOPS & TRAININGS

- 🕒 Flexible packages available monthly, quarterly, or a la carte.
- 🕒 Custom workshops equip leaders, managers, and ERGs to drive well-being.
- 🕒 Team sessions to uncover insights and produce clear, actionable plans.

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WORKSHOPS

Emotional Intelligence

With motivation, intention & practice, EQ can be improved upon. This interactive workshop teaches participants skills to recognize, understand, and manage their own emotions, and recognize, understand, and influence the emotions of others.

Mindset and Motivation

Gain frameworks to foster resilience and growth. Identify sustainable motivation techniques as individuals and as a team.

Cultivating Psychological Safety

Learn what Psychological Safety is, why it's important, and how to build a psychologically safe environment where team members feel safe enough to take risks, share learnings, and express ideas so that innovation and performance can flourish.

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.

Unlocking Team Thriving

An interactive, actionable workshop where team members uncover what influences their ability to thrive at work. Output is a co-creation of a prioritized action plan.

Preventing Burnout

Discuss how to distinguish stress from signs of burnout and ways to protect your mental health proactively to avoid longer-term impact.

Think Forward

Learn how to tap into curiosity, adaptability, and future-ready thinking to thrive in the Future of Work.

Mental Health 101

Learn what mental health is (and isn't), debunk myths, tackle stigmas, explore mental health promotion, and identify how to get support when you need it.

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.

Building Healthy Habits

Learn strategies and actionable steps to make positive changes in daily routines.

Managers, Emerging Leaders, ERGs

Equip people leaders and change makers with practical tools to support well-being—for themselves and their teams.

Mental Health First Aid

A nationally recognized 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.

*Not sure where to start?
Let's explore what would work best for you.*



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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/
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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