CAROLYN THAYER-AZOFF, M.A.

APPROACHABLE.
PERSONALIZED.
ACTIONABLE.

⊗ Mental health & wellness initiatives are siloed, irregular, reactive.

⊗ It's unclear how to translate workplace mental health into action.

⊗ Vendor-managed programs are costly ; health plan offerings are rigid, impersonal, and limited.

Sound familiar? That's why I'm here.

SERVICES

I support organizations with workplace mental health & wellbeing strategies, programming, management, and more.

WHY WORK WITH ME?

Wellbeing belongs in every workplace.
Investing in employees' mental health benefits everyone. I offer tailored, flexible, and scalable services so you can find the right option for your population and resources.

It's what happens in the day-to-day that matters.
My services are person-first, skill-based, and designed to empower organizations to *put mental health into action* in the workplace, for the long-run.

Whole-Person
Just like physical health, we all have mental health, and it impacts all areas of life. I take a proactive, inclusive, and integrated approach that factors in individual, team, and cultural 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 & wellbeing program development and delivery, which informs my people-centric approach, integrated frameworks, and resolute Coaching mindset.

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

Carolyn M. Thayer-Azoff, M.A. | ✉ thayer.carolyn@gmail.com | 📞 (206) 920-9912 | 🌐 https://carolyn.thayer.azof.fr

Actions speak louder than words.

TESTIMONIALS

Matthew D.
Vice President

"On stage Carolyn draws in an audience with her energy and command for the subject.
Her charisma and thoughtfulness makes others want to be around her.
A sought after thought leader."

★ ★ ★ ★ ★

Katie D.
Mental Health Advocate

"Carolyn is a brilliant leader because of her deep understanding of the mental health space and the desperate need for whole human health (mental health IS health)."

★ ★ ★ ★ ★

Barbara F.
Executive Vice President

"Carolyn is able to adjust her approach to each business situation, and stay patiently focused on achieving the best result under any situation."

★ ★ ★ ★ ★

SERVICES

Helping you translate mental health & wellbeing *into action* in your workplace.

CONSULTING & MANAGEMENT

⊘ Strategy, implementation, and program management.
⊘ Workplace evaluation & consultation.
⊘ Tailored programming across employee lifecycle and organizational change phases.
⊘ Vendor evaluation & management

TRAININGS & WORKSHOPS

⊘ Monthly/quarterly packages or a-la-carte
⊘ Tailored manager and ERG trainings
⊘ Pre/post communications and digital worksheet

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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 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.

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.
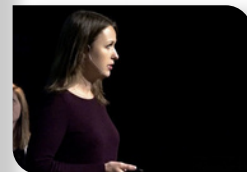
Self-care is not Self-ish

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

Managers, Emerging Leaders, ERGs

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

Do you have a specific topic and/or audience in mind and don't see it here? Let's discuss!