



Harmony  
Counselling

Gain Clarity  
Restore Balance

# Corporate Mental Health Services

"Our team in Singapore are beyond grateful that Harmony Counselling was here supporting us for the past 2 days. The management team and I would like to thank you for your professional services and time spending with us. We look forward to working with you and your amazing team in near future again!"

(Client's name withheld for confidentiality reasons)

## The Issue

Happiness at home and happiness at work are intertwined more than ever and companies can take a leading position to support their employees in both arenas.

Our independent research shows there is an unseen problem affecting one in every 3 or 4 employees, and this could be holding back your business. It also shows there is a great opportunity for companies to improve their business performance by paying attention to the way they support their employees.

## The Benefits

- Reducing absenteeism due to stress-related illnesses and fatigue.
- Improving clarity, concentration & decision-making for staff who feel under pressure.
- Resolving causes of conflict, often linked to problems at home, for better teamwork.
- Making employees feel valued, happy and loyal. This is good for business.

## Why Choose Us

Harmony Counselling is one of the few counselling agencies which offers specifically tailored corporate counselling support services in Singapore.

With over 25 years of commercial experience, Director & Counsellor, Martin Williams, gives us a level of professionalism and understanding of the corporate environment which few other counselling agencies can match.

## Our Solutions

We provide guidance for your employees, ensuring their mental and emotional wellbeing are maintained through:

- Individual counselling
- Self-care & wellbeing presentations
- Support group sessions



For more information contact us at:

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