

Corporate Well-Being Bundles

Package I: Workshops or Emotional Crisis Support Services

Essentials

Workshop Package (For Up to 50 Employees)

- **Frequency:** Bi-annually; 2 workshops per year
- **Workshop Duration:** 1 hour 30 mins each
- **Number of participants/sessions:** Up to 50 people
- **Example Topics:** Managing workplace stress, building resilience, work-life balance, emotional regulation, coping strategies and tailored workshops based on employee surveys

On-site Delivery

Standard Rate: \$995/year (+Transfer fees)

Discounted Rate: \$795/year (+Transfer fees)

Online

Standard Rate: \$570/year (+Transfer fees)

Discounted Rate: \$455/year (+Transfer fees)

Growth

Workshop Package (For Up to 100 Employees)

- **Frequency:** Quarterly; 4 workshops per year
- **Workshop Duration:** 1 hour 30 mins each
- **Number of participants/sessions:** Up to 50 people
- **Example Topics:** Burnout prevention, teamwork, emotional intelligence, leadership for mental well-being and tailored workshops based on employee surveys

On-site Delivery

Standard Rate: \$1990/year (+Transfer fees)

Discounted Rate: \$1590/year (+Transfer fees)

Online

Standard Rate: \$1140/year (+Transfer fees)

Discounted Rate: \$910/year (+Transfer fees)

Enterprise

Workshop Package (For 200+ Employees)

- **Frequency:** Bi-monthly; 6 workshops per year
- **Workshop Duration:** 1 hour 30 mins each
- **Number of participants/sessions:** Up to 50 people
- **Example Topics:** navigating organizational change, fostering a mentally healthy workplace culture and tailored workshops based on employee surveys

On-site Delivery

Standard Rate: \$2990/year (+Transfer fees)

Discounted Rate: \$2390/year (+Transfer fees)

Online

Standard Rate: \$1710/year (+Transfer fees)

Discounted Rate: \$1365/year (+Transfer fees)

Package II: Individual Support Sessions

Basic

Basic Package: 50 sessions

Standard Rate: \$2500 (+Transfer fees)

Discounted Rate: \$2000 (+Transfer fees)

Standard

Standard Package: 100 sessions

Standard Rate: \$5000 (+Transfer fees)

Discounted Rate: \$4000 (+Transfer fees)

Premium

Premium Package: 200 sessions

Standard Rate: \$10000 (+Transfer fees)

Discounted Rate: \$7500 (+Transfer fees)

Ultimate

Ultimate Package: 400 sessions

Standard Rate: \$20000 (+Transfer fees)

Discounted Rate: \$15000 (+Transfer fees)

Delivery: 1 employee per session

Mode: Live at Brainstation Clinics or Online

Booking & Customization: The mode of booking and additional details will be discussed and finalized when proceeding with the package

The package is valid for 1 year

Note: Employee-paid therapy sessions are available. For more information, please contact the Collaborations Department.