

Mental Well-being Program for Organizations



We Support Organizations to Advance Human Potential Fueling Business Performance

WHAT

SHAKE up is a **Mental Well-being training** program designed for leaders in organizations.

Do you want to **increase talent retention and productivity?** Do you want to **reduce health-related workplace absenteeism?**

- S Sustainable** - Integrate long-lasting practices
- H Humanize** - Experience caring and compassion
- A Awareness** - Understand what leaders need to know
- K Knowledge** - Cope with bias and prejudices
- E Empathy** - Learn the cognitive and emotional types

WHY

To advance **human potential** fueling **business performance**.

To **protect** and **safeguard employees' Mental Well-being**.

To **decrease lost productivity** (presenteeism), **absenteeism** and **staff turnover**.

MAXIMIZING THEIR TRUE POTENTIAL



PHYSICAL

WELL-BEING

Focus on specific issues toward company benefits



EMOTIONAL

WELL-BEING

From job and life satisfaction to managing stress.



SOCIAL

WELL-BEING

Shape a culture of trustworthiness.



FINANCIAL

WELL-BEING

Increase financial confidence and minimizing stress.

HOW

Applying a **human-centered, holistic,** and **coaching** program approach.

Manager training for Mental Health and **cognitive behavioural** approaches are interventions strongly recommended by the World Health Organization*.



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THE TEAM



Joana Visa
PCC | PhD
Neurodiversity Coach
for Organizations
& Leaders


Joana is an internationally certified coach with an academic and scientific background.


She has an executive experience as the quality director in a 1000 researchers at biomedical institute for over 10 years.

Since 2020 Joana is a Faculty at Coach Masters Academy.

In 2016 she founded Visa Coaching Institute focusing on developing human potential to fuel business performance through training, mentoring, and coaching.

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Aroa Juárez Torres
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Mental Health Coach
Expert

Aroa is an internationally certified coach with a scientific and business background. She holds a Mental Health Literacy certificate from IOC, Harvard Medical School, and a Agile Health Leadership certificate from Karriere Tutor.

She worked in corporations for over 15 years, leading international and cross-functional teams, representing the company in international regulatory forums, and being the European marketing director.

In 2021 she founded The X Factor focusing on strategic consulting, training, and transformative coaching.

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US\$ 1 trillion cost to the global economy due to depression and anxiety, predominantly from **lost productivity****.

If you want help to prioritize Mental Well-being in your organization, contact us! <https://www.visacoachinginstitute.com/shake-up/>