KNOWLEDGE · PRACTICE · DEVELOPMENT

Masterclasses

João Paulo Pereira

In person or online

Essential knowledge and practical strategies in a short time, going beyond theory to support application at work.

hygge
Organizational Mental Health Promotion Project
By João Paulo Pereira

Duration: 4 hours

- Storytelling as a tool for training efficiency
- Psychological first aid
- Managing assessment and intervention projects in Psychosocial Risks
- Psychosocial risks and burnout prevention
- Communication in change processes
- Organisational wellbeing and hygge at work
- How to assess and interpret the ROI of assessments and interventions
- Mindfulness and stress management
- Engagement, Involvement and Flow - the variables that promote mental health at work

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Duration: 6 hours

- Occupational Health Psychology (For Psychologists and Psychology students)
- COPSOQ III - Planning, assessment, interpretation and design of an intervention plan
- The ISO 9001:2026 and NP 4552:2022 and NP 4590:2023 standards - Contents and implementation

Choose the themes you would like to learn more about, or share your proposals for development.

Shall we talk?

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