



JIWA's CORPORATE INTROBOOK

*Tailored solutions to empower your workforce, increase
productivity, at no risk.*



jiwa.bn

www.jiwabn.com

Resilience Topics



Topic	Expected outcomes
Stress and Burnout Management	Equipping workers with stress management techniques and strategies to bolster resilience in the workplace
Financial Wellness	Equipping workers with essential financial wellness skills to armor against financial stress and improve productivity and quality of life
Evidence based-policies for mental health at the workplace	Insights into the Bruneian workplace: • Drivers of burnout • Best practices to overcome burnout • Frameworks to apply to the workplace
Conflict Management	Tools and strategies to keep the workplace ZERO conflicts and improved teamwork
Building equitable health for different abled persons	Practical strategies to deal with differently abled persons in the workplace to create a safe and inclusive culture
Custom	Depending on your workplace needs, we have the topics that can resonate with any audiences regardless of age, management level or background. (See our collaborative records)

Package	Expected outcomes	Price
Basics Program	JIWA Workpulse Survey Report 1 – 1.5hr talk on mental health in the workplace. No Pax Limit + Customisable <i>Suitable for introducing mental health and workplace into the workplace</i>	\$700
 Essentials Program	• JIWA Workpulse Survey Report • 1 Full Day Workplace Wellbeing Workshop up to 50 pax • A guided policy-building session that helps create a wellbeing framework they can implement immediately • 4 Peer Support Group Sessions Up to 15 pax each session Outcome Expected: <i>Suitable for middle management wanting to build awareness and skillsets to empower their employees while also taking care of their own wellbeing</i> <i>Support groups are to build safe spaces for workers to express their feelings while still respecting confidentiality and respect</i>	\$1,540
Reset and Reconnect Program	• Essentials Program Included • 1:1 Tailored Wellness Coaching Session for Up to 10 pax • Implementation toolkit (templates, scripts, guides) • Wellbeing Roadmap for Leaders • 6 Support Group Sessions up to 15 Pax Each Session Outcome Expected: Ensures deeper implementation, behaviour change, and long-term wellbeing outcomes. <i>Suitable for building leadership capacity and long term development of workplace culture</i>	\$1,950
Note	All talls and workshops can be designed to fit your unique needs!	

JIWA Collaborative Records



Entity	Collaboration	Description	Duration
Jerudong Park Medical Centre	Peer Support and HOD Workshop	Running monthly training programs for mental health in the workplace	2025 to present
EVYD	Peer Support and Workshop	Coaching mental resilience and resource sharing	2025 - Present
Ashber Offshore Company	Mental Health at work consulting	Giving talks monthly to offshore oil and gas employees	2025 - present
KRISTAL MEDIA	Men's mental health workshop	Creating a culture or brotherhood for male participants and peer support training	2025 - present
Bandtree	Workplace Talk	Stress management talk	2025-present
BEED	Workplace wellness talk	Evidence based policies on burnout and workplace wellness	2025
Darussalam Assets	Workplace Builder	Building workplace wellness practices	2025- present

JIWA Collaborative Records



Entity	Collaboration	Description	Duration
Health Promotion Centre	Friends of HPC initiative	Running yearly training programs for mental health in the workplace	2020 2 year contract
Brunei Gas Carriers	Resilience training	Coaching mental resilience and resource sharing	2024 - today
Centre for British Teachers	Donation	Donation goes towards funding mental health initiatives (men's mental health in november)	2023 - today
Nancy Group Life Advisors	Resilience training	Resilience training for agencies under nancygroup financial advisors including Goodlife, BrRela, BrNancy, and Br Pamela	2024 - today
Progresif	Content creation	Creating 12 episode mental health podcast on causes of depression and anxiety and its treatments	2025
Universities	Resource sharing	Providing mental health resources online and workshops for students	2023 - today
Orygen	Fellowship	Sharing best practices and training for youth mental health	2023 - today

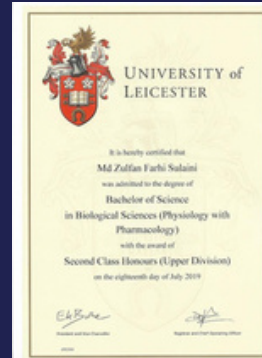
Certifications and Training



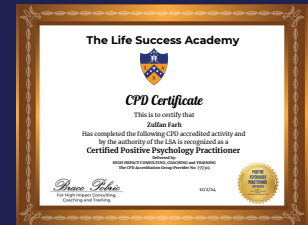
Corporate wellness specialist certification



Fellowship



Degree in physiology with pharmacology



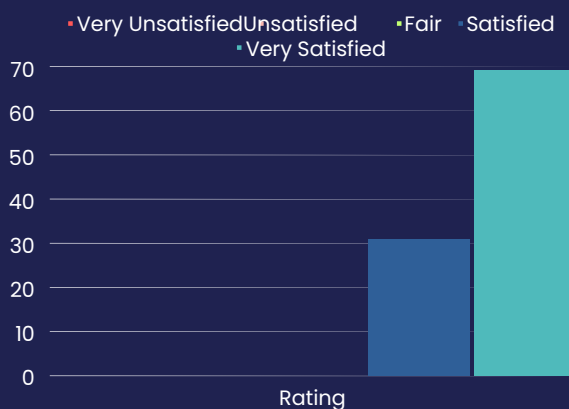
Positive Psychology Practitioner



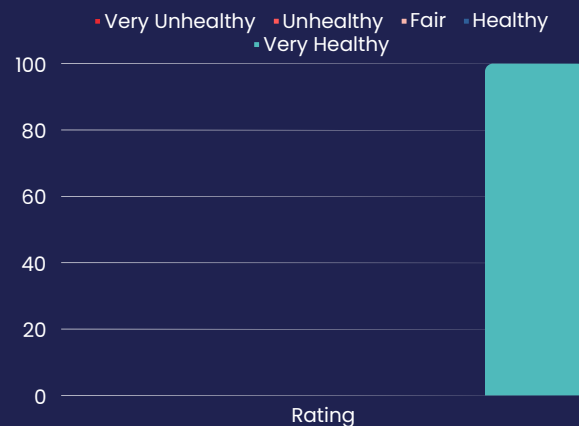
Health & Wellness Practitioner Diploma



Data from group coaching programs



Over the course of 6 months hosting group coaching programs, 100 % of participants found it to be either satisfied (33%), and very satisfied (67%)



100% of participants also found it to be very health for their mental health and resilience.

Expanding from the **Whare Model**, the scientific basis for each aspect of resilience dives into each area of health in a deeper and systematic way.



Optimism:
The House Lights



Sense of Purpose:
Interior design



Sense of Security:
Strong foundation



Emotional Regulation:
**Ventilation and
Temperature**



Social Support
Healthy Neighborhood



Problem-solving:
The House Maintenance

*(See sources section for
articles, books, and studies)*

By taking care of each component, resilience can be built, maintained and developed. This list however, is not an exhaustive one and there is definitely more to consider and some might even be combined into one section.

JIWA Collaborates with other organisations to promote the holistic view of health, wellness and performance of the Resilience House Model including self-confidence, Financial Security, Nutrition, Mindfulness and many more to come.



**Break barriers and reach new
heights for your company**



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