



OMNIA  
PSYCHOLOGY

# Unstoppable Team, Unstoppable Business.

## Corporate Mental Health & Wellbeing Partnership

EMOTIONAL WELLBEING IS ESSENTIAL FOR  
PRODUCTIVITY, LOYALTY, AND TEAM HARMONY.

OMNIA PSYCHOLOGY HELPS COMPANIES IN  
CYPRUS STRENGTHEN THEIR TEAMS BY  
PROVIDING CONFIDENTIAL 1-ON-1  
PSYCHOLOGICAL SUPPORT & WORKSHOPS  
DIRECTLY TO EMPLOYEES.

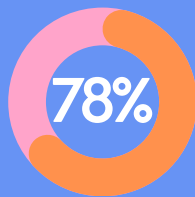
— IMPROVING SATISFACTION, RESILIENCE, AND  
ENGAGEMENT.

## WHO WE ARE

We're Omnia Psychology. Your trusted partner in workplace mental maintenance. We provide 1-to-1 therapy, therapist-lead workshops, talks and trainings to industry-leading organizations that want to do right by their people.

We specialize in stress and burnout prevention, emotional regulation, performance support, and relationship wellbeing — integrating evidence-based psychology and CBT with deep empathy and presence.

Working with us, you'll see tangible improvements in your people's mental health, company culture and overall wellbeing. We're a perk that works.



of employees said that since using sessions, their mental health has improved.



of employees said that sessions left them feeling more calm & productive at work.



of employees said that they have an increased self-awareness & improved relationships.

## WHY CORPORATE WELLBEING

Positive Employee Experience (EX) is an increasingly targeted topic by companies to elevate human experience, motivation, and satisfaction at work. Also, with the pandemic creating a mental health crisis, there is also a rising demand from employees in terms of employment benefits such as wellness perks, employee assistance programs and self-care practices.. At Omnia, we are working hard to address this gap. This is why our scientific approach is based on Self-Determination Theory which is an organismic approach for wellness, growth, and development, and has been validated for the last 50 years of research.

# Why corporate wellbeing is important?



## **1. Employee Well-Being**

Mentally healthy employees are more likely to succeed both personally and professionally.

## **2. Reduced Healthcare Costs & Sick Leaves**

These initiatives can help lower healthcare costs for both the business and employees by encouraging healthier lives and early intervention. Healthier and happier employees are less likely to miss work due to illness or stress-related difficulties.

## **3. Enhanced Productivity**

Employees who are healthier and less stressed tend to be more productive, which will improve the performance of the business as a whole.

## **4. Increased Employee Engagement**

Positive work cultures are fostered by motivated, engaged employees who believe that their employer values their well-being.

## **5. Talent Attraction and Retention**

Businesses with excellent corporate wellness programs are more appealing to prospective employees and can retain their current staff more easily.

## **6. Improved Mental Health**

Programs often target mental health problems, including stress and anxiety, which are particularly important in modern, fast-paced workplaces.

## **7. Positive Organizational Culture**

The adoption of corporate wellness programs is a reflection of a culture transformation inside the company that places a greater emphasis on well-being.

## **8. Competitive Advantage**

Businesses with strong corporate wellness programs have an advantage in job opportunities and within their industry.

# What we offer

- **CONFIDENTIAL 1-ON-1 PSYCHOLOGICAL CONSULTATIONS (20–30 MIN EACH)**

Employees can book private sessions during work hours or online. All consultations are fully confidential.

- **CORPORATE WELLBEING WORKSHOPS**

Topics include "Stress Management," "Emotional Intelligence at Work," "How to Sell More", "Burnout Prevention," and more.

- **GROUP MINDFULNESS & MEDITATION CLASSES.**

Regain & restore energy, focus & concentration.

- **OPTIONAL HR CONSULTATIONS**

Anonymous wellbeing feedback and guidance on fostering healthy workplace culture.

## Partnership Packages

Package	Hours/Month	Approx. Employees	Price (EUR)
STARTER	4h / month	up to 10	€360
STANDARD	8h / month	up to 20	€680
PRO	16h / month	up to 40	€1,280
PREMIUM	24h / month	up to 60	€1,800
CORPORATE PLUS	32h / month	up to 80	€2,280
FULL-TIME PARTNERSHIP	40h / month	up to 100	€2,800
WORKSHOP	2h	unlimited group	€249
MINDFULNESS & MEDITATION CLASS	8h / month	unlimited group	€520



# Why Partner with Us

- Enhanced employee wellbeing & loyalty
- Reduced stress, burnout, and absenteeism
- Improved emotional intelligence and communication
- Professional, confidential, and evidence-based approach
- Drive incremental, long-term ROI. We adapt our plans to the needs and size of your workforce.

**Let's transform your team together!**



## Let's Talk

Reach out today and take the first step towards championing the mental health of your people.

**Omnia Psychology – Limassol, Cyprus**

[www.omniapsychology.com](http://www.omniapsychology.com)

Individual, couples, group, and corporate wellbeing services.



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