



MENS MENTAL HEALTH

The world is becoming far more aware of mental health, society is still a long way from understanding it and more importantly being able to embrace it.

For many males this can be a difficult thing to accept. At Zenval we draw on our life experience and collaborate with leading therapists in this field.

The workshops we provide in this area are as follows:

SELF ACCEPTANCE
ACTIVE LISTENING
VALUES AND GOALS SETTING
BEING YOUR AUTHENTIC SELF
WHO ARE YOU

Contact today to find out how you can enable your teams to live a rich and meaningful life



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