

BEARAPY

MENTAL WELLNESS AT WORKPLACES



Photo © Anekoho
Picture © KissPng

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ABOUT BEARAPY

BEARAPY is an organizational consultancy with the mission to promote **emotional resilience and mental wellbeing** in the work place.

We use a unique and comprehensive approach that weaves the concept of **psychology of playfulness** into workshops.



Based in China, we have experience working with **multinational corporations, small & mid sized companies, and start-ups.**

Bearapy works across Asia-Pacific and Europe, and offers services in **English, Mandarin, and Cantonese.**



Mental Wellbeing for Organisations

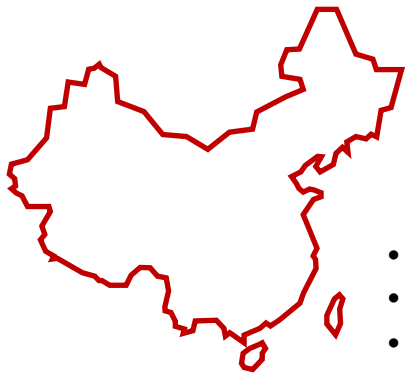
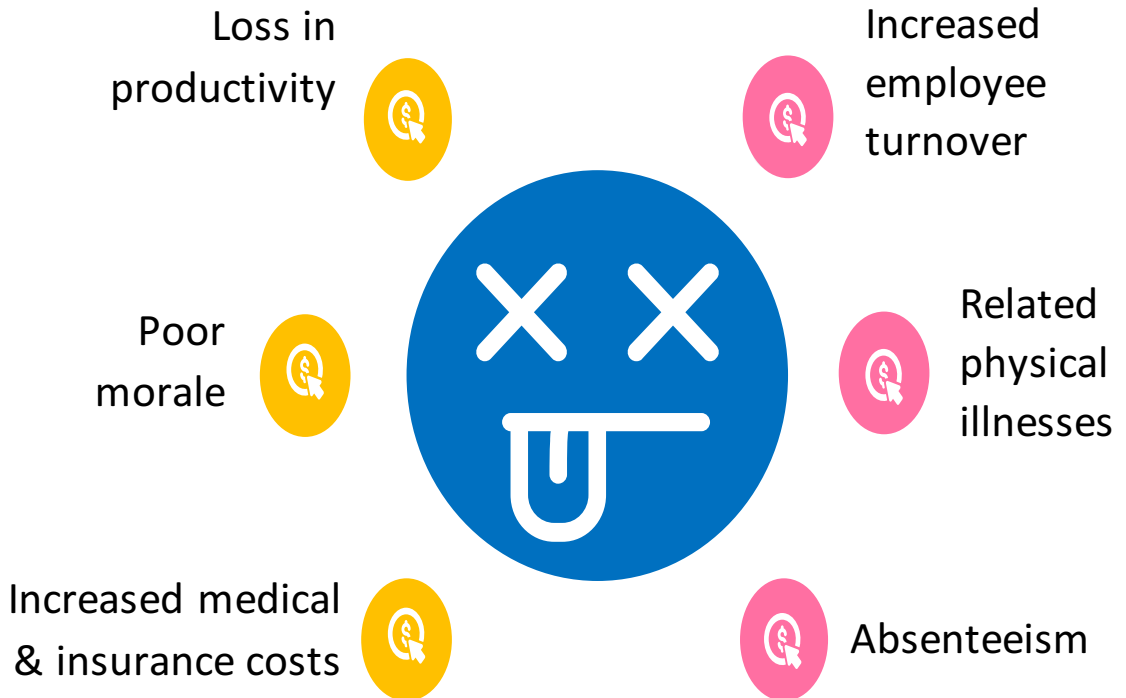
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WHY MENTAL WELLNESS?

COSTS TO COMPANIES IN CASES OF POOR MENTAL HEALTH

Companies **lose billions of dollars** every year due to poor mental health in the workplace.

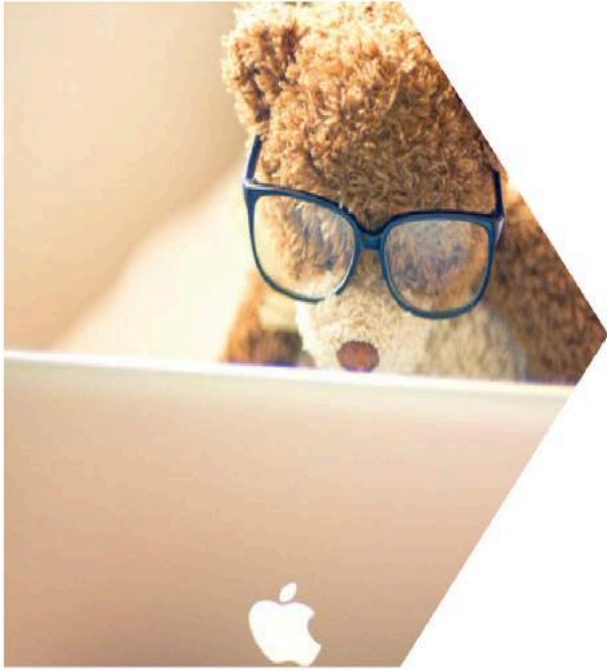
This is a REAL issue that **reduces productivity** and **weakens bottom lines**.



- Mental health disorders costs **China \$4 trillion in loss** of productivity between 2012-2030 (WEF).
- The global economy loses **\$1 trillion in productivity** annually (WEF).
- More than **300 million** people suffer from depression globally (WHO).
- 1 in 7 people have depression in China (The Lancet Journal)



HOW CAN BEARAPY HELP?



1. Prevent



We prevent workplace burnout, stress, and poor mental wellbeing, through giving employees tools to manage their emotions.

2. Strengthen



We strengthen mental wellbeing through education and workshops in the workplaces.

3. Advise



We advise companies on how to make their workplaces and company culture more mentally healthy and playful.

4. Increase



We increase awareness of mental wellbeing through corporate training and awareness programs.

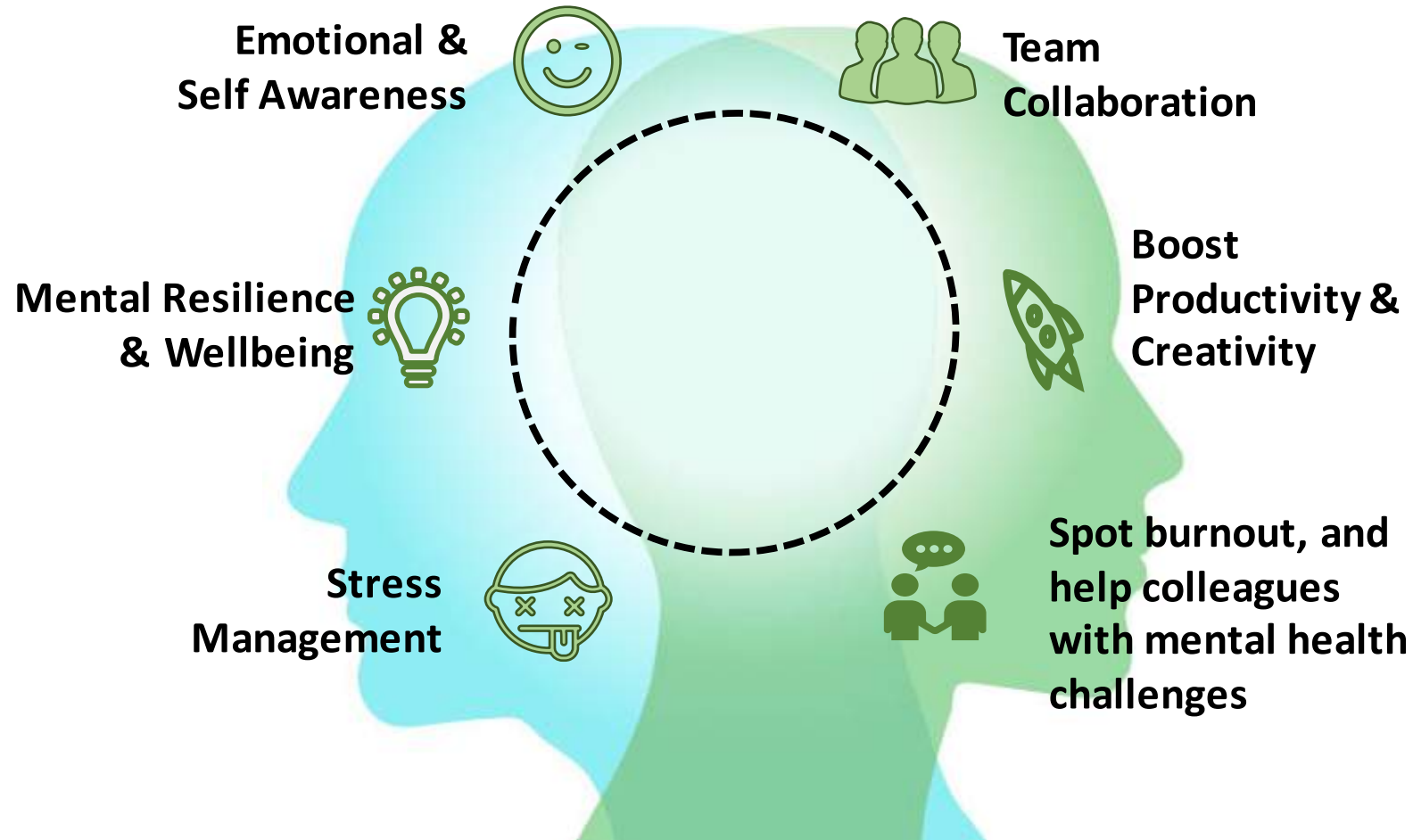
5. Build



We build employee mental resilience.

ENHANCING MENTAL WELLNESS

Bearapy workshops are designed to improve employees' **mental wellness**, **resilience** and **productivity**:



PROMOTING PLAYFULNESS



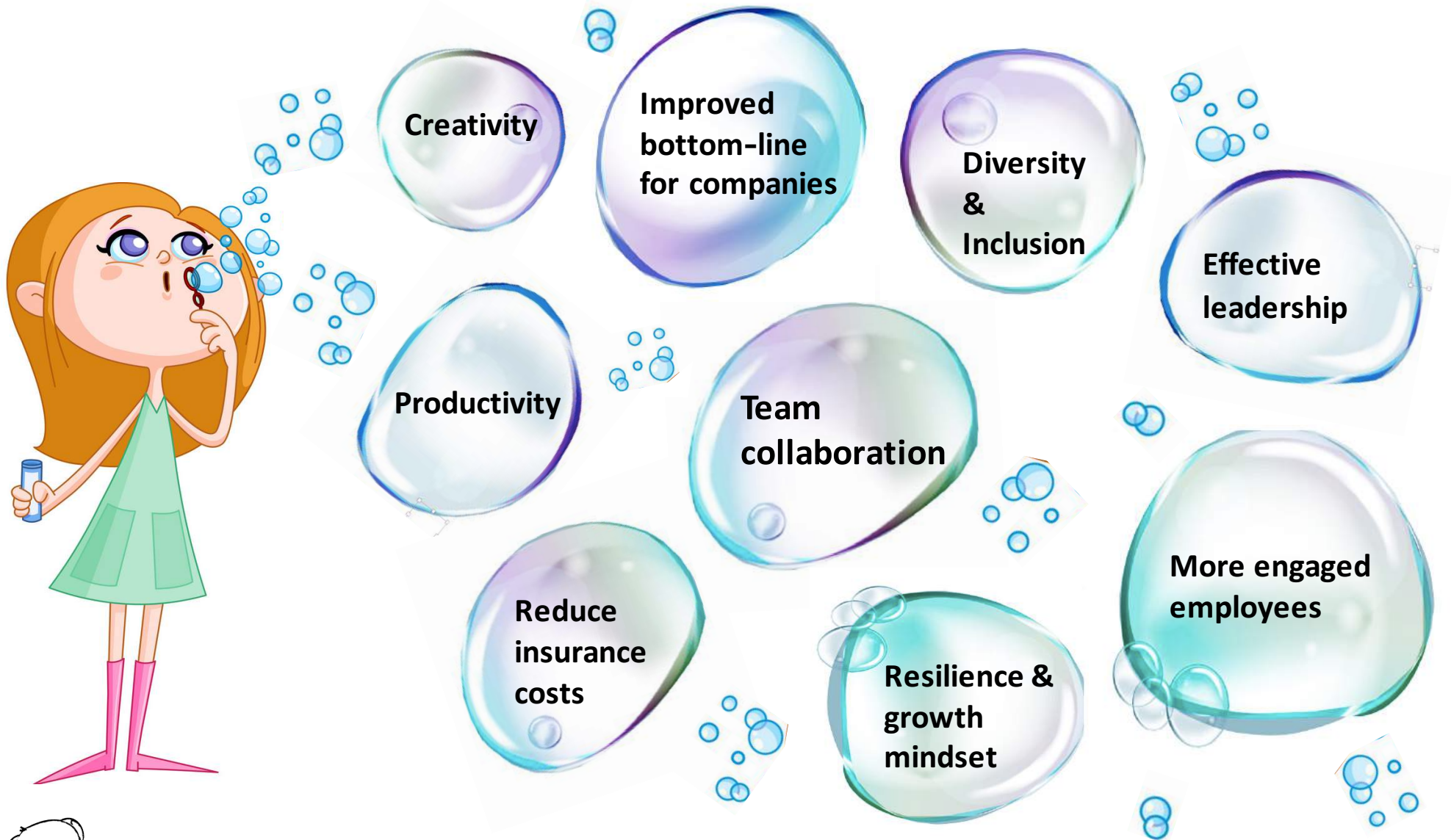
© Tim Tadder

- Play **ignites fun**, allows us to enjoy life, and **reduces stress**
- Play is strongly correlated with learning, innovation, and **creativity**
- When playful, the brain secretes neurotrophins that helps **reduce anxiety**
- When relaxed, one can **sharpen focus**, boost productivity, and cope with stress
- With a playful culture, **employees become engaged** and increases their loyalty at work
- Play helps us become **adaptable** and resilient in the **agile environment**

Sources: Various research as American Journal of Play, Psychology Today, Journal of Management etc...

BEARAPY STRENGTHENS THE BOTTOMLINE

EMPLOYEE MENTAL WELLBEING = MORE RESILIENT EMPLOYEES = ROBUST BOTTOMLINE



CLIENTS & TESTIMONIALS

“Learnt a lot about depression with her real-life experience... obviously very qualified on the subject.” **Participant, White & Case**

“Went beyond our expectations and suggested ways we could make the office environment more playful thus significantly improved the working relationships and hence business results”.
Alexis Bonhomme, Co-founder & General Manager, Curiosity China

“Very pleased with the long lasting effects on both personal and professional levels.” **Colin Zhou, Area Director of Human Resources, Marriott Hotel Group (China)**

“Practical insights for founders to recognize signs of distress in themselves and others, and address them before they reach a breaking point.”
Benjamin Joffe, Partner, HAX



SELECTED CLIENTS:



WHITE & CASE



Mental Wellbeing for Organisations

BEARAPY'S CREDENTIALS



Bearapy was established after the Founder, Enoch Li, recovered from burnout and clinical depression. Previously, she had global management roles in the finance industry.



Her **lived experience** combined with her **organizational psychology, play therapy and group dynamics qualifications**, Enoch is able to relate to workshop participants and executives across sectors. She is also sought as a **speaker and author**.



Bearapy works with a team of experts and facilitators to customize the most appropriate solution for our clients.



Facilitators are certified in multiple trainings systems, **art therapy, body movement**, and have expertise in using **psychodynamic techniques** for organizational development and improved team performance.



We also have a suite of partners with whom we work to provide a full suite of services for clients.

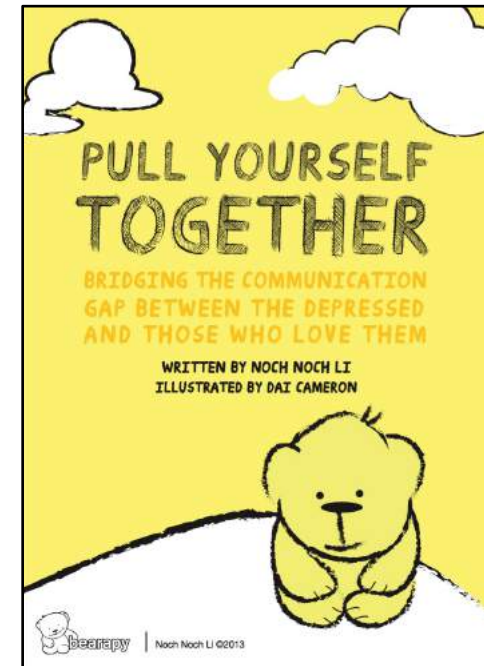
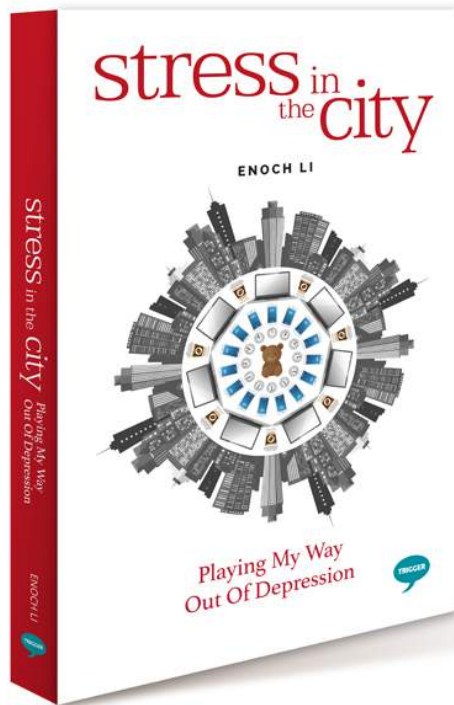


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BOOKS



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