

# NEXTEC

Proudly EOH

In collaboration with

# THE SPACE BETWEEN US

## TSBU

Empowering Young Professionals with the Mental Health Skills Needed to Thrive in Their Life, Family and Career.



## Overview

A gap forms for many young professionals in the workplace between where they came from to where they are now as successful engineers, bankers, actuaries and chartered accountants. Coming from environments that are less than nurturing, or at times unable to provide basic emotional or physical needs, makes it hard to develop the psychological core needed to succeed.

These young professionals receive financial bursaries to attend the best schools and universities but are usually not supported psychologically in their endeavours to succeed and pull themselves and their families out of poverty.

If these young people are first generation professionals, the chances are minimal that they themselves had role models within the socio economic and business realms they now navigate.

## The Problem

Young Professionals are struggling to transition from university to first job and/or establish an effective and impactful career. This is due to:

- Disadvantaged backgrounds
- Tough transitions to an unknown world
- Lack of support structures
- Poor foundational mental health skills.

This leads to poor emotional skills to cope and perform in the workplace of the current business environment.

## The Solution

**NEXTEC People Solutions** in collaboration with **TSBU** is offering some of the most comprehensive, psychology-backed learning development solutions to support young professionals in the workplace.

Through these interventions, young leaders can improve their rate of true success, impact their own life as well as the lives of others more positively and spread the word on the importance of mental health for our overall wellbeing.

**Empower Young Professionals In Your Company Today!**

## The Solution

**Engage & Connect:** Create platforms and opportunities for individuals to engage with each other, share stories, ask questions and get past the stigma of the topic.

**Entice & Invite:** Draw employees into engaged conversation about Mental Health so that it can be acknowledged and managed.

**Develop Skills & Learn:** Invest in giving employees the tools required to take ownership for their Mental Health and remain productive and resilient through whatever life throws at them.

**Sustain & Grow:** Put tools, resources and processes in place so that individuals and teams continue to engage about Mental Health, grow their skills and support each other through successes and failures.

## Touchpoints & Benefits

### Mental Health Talk: R 5,500 – 60 minutes

- A talk by a TSBU Psychologist, potentially together with a “guest” the audience can relate to who can share their personal experience. Available to large groups of up to 200 people.

### Mindspace Masterclass: R 10,500 - 90 minutes

- Interactive discussion by a TSBU Psychologist with up to 50 participants. Greater degree of interaction through Q&A sessions and polls which attendees can participate in.

### E-mail Course: R 399 - per person, per course

- A structured series of interactions for an open-ended group of participants over a period of 4 to 8 weeks. Participants receive weekly content via e-mail and asked to reflect and engage with the material through structured questions. A weekly check-in with the overseeing Psychologist could be included.

### Online Workshops: R 25,500 -180 minutes

- Highly interactive workshop for up to 25 people with a TSBU Psychologist, including robust group discussions, polls and “breakaway rooms”. Each participant is able to participate actively and therefore benefit from the input and perspectives of the rest of the group.

## About TSBU

**The Space Between Us** is a human-centred digital platform for individuals to connect, relate and engage meaningfully with mental wellness tools. We provide guidance that is in touch with the African psyche, offering quality clinical expert advice and provide access to a community of like-minded people from a diversity of life experiences.

Talk to Us:  
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