



DECEMBER 10, 2025



# MINDPOWER 2026



CHARTERED  
INSTITUTE OF  
COUNSELING  
IN NIGERIA



Prepared for  
**CORPORATE  
ORGANISATIONS**

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[www.thecicn.org](http://www.thecicn.org)

# STATISTICS

- Globally, poor mental health like depression and anxiety is responsible for about \$1 trillion per year in lost productivity.
- Worldwide, 12 billion working days are lost every year because of depression and anxiety in the workforce.
- Reports suggest that overall burnout rates among workers in Nigeria may run as high as 75%, and 64% of Nigerian employees are at increased risk of burnout or severe mental-health stress while 65% struggle with anxiety, and 33.3% deal with depression in the workplace context.
- 77% of employees reported that workplace stress negatively affected their physical health, I guess that explains the frequent sick leave and increased budget.
- 83% of employees report experiencing work-related stress and as many as 45% of employees say that workplace stress has made them consider changing jobs.
- Burnout reduces productivity by up to 50%, even among high performers, and Sectors like banking, Healthcare, offshore and construction, experience significantly higher level of stress and burnout.
- Yet organisations that invest in mental well-being see a 300% increase in employee engagement and significantly lower turnover.

**BUILT AROUND  
YOUR GOALS.  
BACKED BY PROVEN  
STRATEGIES.**

**BUSINESS  
PROPOSAL 2026**





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# WHAT IS MINDPOWER

MindPower is a science-backed mental well-being program designed to reset, strengthen, and empower the corporate workforce. A yearly psychological program put together to help organisations strengthen emotional resilience, prevent burnout, increase productivity, and build mentally resilience strong teams that thrive throughout the year.

It is evidence-based, culturally attuned to peculiar workplace, and delivered by leading mental health professionals.

Modern workplaces are fast, demanding, and emotionally draining. Behind every KPI is a human being navigating stress, pressure, and hidden struggles. Kickstarting the year with a program like MindPower helps organisation yo invest in their most valuable asset, the well-being of their workforce.





# WHY MINDPOWER

Every January, organisations make the same mistake, focusing heavily on marketing plans, strategy retreats, budgeting sessions, kick-off meetings, and performance targets, but forget the most important foundation of all, the mental well-being of their people. You can't build a productive year on stressed minds, build innovation on emotional exhaustion or strong teams on burnout.

## ↗ EMOTIONALLY REGULATED EMPLOYEES

Employees who can manage stress, pressure, and internal overwhelm without burning out

## ↗ PSYCHOLOGICALLY AWARE TEAMS

Teams that communicate with empathy, self-awareness, and emotional intelligence

## ↗ STRONGER LEADERSHIP

Leaders who understand human behaviour, emotional dynamics, and the psychology of motivation and performance

## ↗ HEALTHIER WORK CULTURE

Mentally safe work environments where people feel seen, heard, and supported, not silenced or emotionally exhausted





# THE PROGRAM

With CICN, mental health awareness becomes more than a compliance checkbox, it becomes a competitive advantage, and the Outcomes? Healthier employees. Stronger leaders. A culture of resilience that fuels sustainable growth.



## PROGRAM

**9:30am - 10:00am :** Arrival & Registration

**10:00am - 11:30am :** 1<sup>st</sup> Training Session ( Developing Positive Mental Health For A Productive Year.

**11:30am - 12:00pm :** Breakfast

**12:00pm - 01:30pm :** 2nd Training Session ( Workplace Bullying & The Psychological Implications on Personal & Corporate Productivity.

**01:30pm - 02:00pm :** Mindfulness & Meditation session

**02:00pm - 02:45pm :** Lunch

**02:45pm - 04:00pm :** Panel Discussion Session / Q&A ( Silent Troubling Workplace Issues & The Solution).

**4:00pm - 4:30pm :** Dance Therapy Session

## OTHER BENEFITS

1. Confidential one one-on-one therapy session space.
2. Free 30-day MindFitness post-program support services.
3. Corporate Mental Health Policy Upgrade.
4. Ongoing One one-on-one Therapy Clinic & consultation.
5. Quarterly Training, ongoing check-in staff support.
6. Free Employee Self-Therapy Workbook

## FEE

N250,000.00 per participant ( Group bookings of five and above attract discount).



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# ABOUT US

CICN's solution-focused, psychologically grounded interventions build mentally fit teams that perform, adapt, and scale. At the Chartered Institute of Counseling in Nigeria (CICN), we don't run workshops for the sake of it, we engineer behavioral change. Our corporate training integrates evidence-based counseling psychology with practical business outcomes to reduce burnout, sharpen decision-making, and boost productivity across your organization.

From leadership mental fitness to burnout prevention and crisis-ready communication, we equip your people to thrive, not merely cope.

## ↗ OUR VISION

Our vision at The Chartered Institute of counseling is to be the first call for mental health counseling training, intervention, and sensitization by helping individuals towards optimal functionality and establishing a mentally balanced society.

## ↗ OUR MISSION

To lead the campaign for a mentally healthy workplace and society by training professional helpers and providing professional interventions in various fields of counseling and psychotherapy.

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**TRANSFORM YOUR  
WORKFORCE.  
MULTIPLY YOUR  
BOTTOM LINE.**

**BUSINESS  
PROPOSAL 2026.**



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# BUSINESS PROPOSAL

## CONTACT US

At the Chartered Institute of Counseling in Nigeria (CICN), we know that thriving organizations are powered by thriving people.



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