# CREATIVE HYÜ SUPPORT HUB

Supporting People.
Strengthening Workplaces.
Inspiring Possibility.

Corporate Services Introduction



Joanna B. Biscette, BSc, MSc, LLM
Industrial & Organisational Psychologist
| HR Professional | Coach | Certified Trainer

# WHO WE ARE

Creative Hyü Support Hub

Colouring your experience

Creative Hyü Support Hub is a people-centred coaching, training and workplace wellbeing service designed to support individuals and organisations through growth, change and the realities of modern professional life.

We bring together our experience in Industrial & Organisational Psychology, Human Resources, Coaching, Training, Employment Law and Workplace Wellbeing to create meaningful learning and support experiences.

Our goal is simple:
To help people feel supported, equipped and empowered—both in their work and in their lives.

We work with organisations, teams, professionals and individuals to provide practical programmes that encourage greater self-awareness, wellbeing, personal growth and healthier workplace experiences.





## WORKPLACE WELLBEING

Supporting organisations in creating healthier and more supportive workplace environments.

- Workplace Mental Health Awareness
- Stress & Burnout Awareness
- Professional Wellbeing
- Self-Care for Professionals
- Resilience & Healthy Boundaries
- Employee Wellness Programmes
- Wellbeing Workshops & Talks
- Corporate Wellness Sessions

## MENOPAUSE & ANDROPAUSE SUPPORT

Helping organisations and employees understand and navigate midlife changes in the workplace.

- Menopause Awareness
- Perimenpouse Education
- Andropause Awareness
- Menopause & Workplace Wellbeing
- Manager Awareness Sessions
- Employee Education
- Menopause & Andropause Workshops
- Individual Coaching
- Workplace Support Programmes

SIGNATURE PROGRAMME

## Supporting Success: Menopause, Work & Lifestyle Health






hü

# COACHING

Creating a confidential space for individuals to pause, reflect, gain clarity and move forward intentionally.

- Life Coaching
- Professional Coaching
- Menopause Coaching
- Andropause Coaching
- Career & Personaal Development
- Goal Setting
- Self-Awareness & Personal Growth
- Life Transitions

SIGNATURE EXPERIENCE

## Awaken & Align

A coaching experience designed to help individuals reconnect with themselves, clarify what matters and create intentional next steps.

# LEADERSHIP & PEOPLE DEVELOPMENT

Supporting leaders and professionals to develop the skills needed to lead people effectively.

- Leadership Development
- Emotional Intelligence
- Effective Communication
- Employee Engagement
- Work Place Relationships
- Managing Difficult Conversations
- People Management
- Professional Development
- Team Development

# TRAINING & WORKSHOPS

Interactive learning experiences
designed around the needs of your organisation.

Workshops | Seminars | Masterclasses | Presentations | Lunch & Learn | Retreats | Virtual Sessions

Topics can be customised to meet organisational needs.




## HR & ORGANISATIONAL SUPPORT

Drawing on extensive Human Resources and Industrial & Organisational Psychology experience to support organisations with their people-related needs.

- HR Advisory Support
- Organisational Development
- Employee Engagement
- Workplace Culture
- People Management
- HR Policy Awareness
- Employment Law Awareness
- Change & Transition
- Organisational Needs Assessment



# OUR SIGNATURE AREAS

### WORKPLACE WELLBEING

Helping professionals prioritise the person behind the position.

### MENOPAUSE & ANDROPAUSE

Creating informed and supportive conversations about midlife at work.

### PROFESSIONAL WELLBEING

Helping people manage the demands of professional life without losing themselves in the process.

### LEADERSHIP & PEOPLE

Supporting leaders to lead with greater awareness, empathy and accountability.

### PERSONAL GROWTH

Creating space for people to reflect, realign and move forward with purpose.



## HOW WE DELIVER

Individual Coaching | Group Programmes | Workshops | Corporate Training | Employee Wellness Sessions | Presentations & Seminars | Retreats | Virtual & In-Person Programmes

We can also work with organisations to develop customised programmes based on their specific needs.

## LET'S WORK TOGETHER

At Creative Hyü Support Hub, we believe that when people are supported, organisations have greater opportunity to thrive. Whether you are looking for a speaker, facilitator, coach, trainer or long-term workplace wellbeing partner, we welcome the opportunity to explore how wve can support your organisation.

**LET'S START THE CONVERSATION.**

Creative Hyü
SUPPORT HUB

Supporting People, Strengthening Workplaces, Inspiring Possibility.


Creative Hyü Support Hub

Joanna B. Biscette, BSc, MSc, LLM

Industrial & Organisational Psychologist
HR Professional | Life & Menopause Coach | Certified Trainer

Email:support@creativehyusupporthub.com

Telephone: 1-758-284-2802

**Website:** creativehyusupporthub.com

**Social:** LinkedIn | Instagram | Facebook


