

Empowering Well-being in the Modern Workplace



This brochure presents Bempong Talking Therapy's innovative approach to corporate wellness, blending mental health, well-being, DEEI, accessibility, and AI. It showcases the company's founder's vision, mission, unique services, delivery options, client onboarding process, success stories, case studies, and FAQs. The aim is to empower organizations to create inclusive environments where every employee can thrive.



From Challenge to Transformation: The Bempong Story

Warmest Greetings, My journey as a dyslexic entrepreneur and mental health innovator has fueled my unwavering conviction: potential should never be limited by personal challenges or cultural barriers. This belief led me to found Bempong Talking Therapy, where we harness the power of AI, a deep understanding of cultural dynamics, and a commitment to accessibility to revolutionize workplace mental health and DEEI strategies. Our personalized, data-driven solutions empower organizations to build inclusive environments where every employee has the tools and support to thrive. Discover how we can transform your workforce. Contact us today.

Best Regards,

Jarell Bempong

Therapist | Coach | Facilitator | AI Innovator | DEEI Specialist | Cultural Commentator | Change Catalyst | Bestselling Author | Keynote Speaker | LCCI Business Person of the Year '24

Our Mission

"To pioneer a new standard in organisational wellness, intertwining mental health, well-being, DEEI, accessibility, and AI, to provide a holistic approach to well-being for organisations globally."

Why Bempong? Our Unique Approach

1 Culturally Conscious AI

We personalise interventions and create truly inclusive workplaces, using AI to go beyond generic solutions.

3 Accessibility First

We design programs that work for everyone, recognizing the unique needs of neurodivergent and other employees.

2 Measurable Impact

Our data-driven focus delivers results, from reduced absenteeism to improved retention of diverse talent.

4 Award-Winning Leadership

Our innovative work has been widely recognised, including the LCCI SME Business Person of the Year Award 2024, and finalist positions in the SME National Business Awards and Black Tech Achievement Awards. These accolades underscore our commitment to excellence and position us as leaders in mental health innovation.

AI-Enhanced Solutions

AI technology is crucial in our ability to tailor services to each organisation's unique cultural and intersectional needs. Through the strategic use of AI, we offer:

Personalized culturally conscious Therapy Sessions

Each session is meticulously adapted to the individual's background and current challenges, ensuring that they feel valued and understood and maximising the effectiveness and engagement of the therapy.

Inclusive Mental Health and DEEI Workshops

AI analysis aids in creating programs that deeply resonate with all participants, promoting a comprehensive understanding and embracing diversity. This ensures that your diverse workforce will be catered to, making them feel included and valued.

Bempong Talking Therapy is a leader in mental health care, DEEI, and accessibility innovation, offering personalised, culturally aware services that are attuned to intersectional dynamics. Our commitment to using advanced technology ensures we meet and exceed the wellness needs of today's diverse corporate environments.

Overview of Services

Bempong Talking Therapy stands at the forefront of mental health innovation, offering a range of services designed to address the nuanced needs of modern organisations:

1 Integrated mental health and DEEI workshops

Delve into the complex relationship between mental health, well-being, and DEEI through AI workshops to ensure inclusivity, personalisation, and effective delivery.

2 AI-Enhanced mental health and DEEI Solutions

Advanced AI technologies are employed to customise and enhance the impact of mental health interventions, adapting dynamically to the evolving needs of each client organisation.

3 Insight-driven mental health and DEEI Strategies

Through comprehensive evaluations and AI-assisted analytics, we offer in-depth insights that inform tailored strategies, ensuring our interventions are impactful and sustainable.

Our commitment to using advanced technology and culturally aware approaches ensures we meet and surpass the wellness needs of today's diverse corporate environments. Our Client Success Managers are vital in ensuring every client engagement succeeds.

Delivery Options for Maximum Impact

Recognising the diverse needs and operational styles of modern organisations, we offer various delivery options to maximise engagement and impact:

In-Person

Dynamic on-site experiences tailored to your organisation's unique culture and needs.

Virtual

Engaging and accessible sessions ideal for distributed teams or those with flexible scheduling needs.

Hybrid

Combines the benefits of in-person interaction with the reach and convenience of virtual access.



Your Journey to a Thriving Workplace Starts Here

A Stress-Free, Results-Driven Onboarding Experience



Discovery Call

Get to know us, we get to know you. We'll discuss your goals, challenges, and the unique culture of your workplace.

Data Deep Dive

This is where the magic happens! Our AI tools analyse your existing data (surveys, HR reports, etc.) to uncover hidden insights about your workforce.

Customized Plan

No cookie-cutter solutions here. We present a tailored action plan that includes workshops, leadership coaching, mental health initiatives, and more.

Ongoing Evolution

Workplaces are dynamic – and so is our partnership. We track your progress, adjust the plan, and celebrate your successes.

Success Stories & Testimonials

Our clients' experiences reflect the transformative impact of Bempong Talking Therapy. These testimonials not only highlight the effectiveness and reach of our services but also reassure you of the positive changes they can bring to your organization, demonstrating our commitment to enhancing organizational well-being.



Erica Birtles, Interim CEO of The UWI

"Jarell Bempong's role in our 'How do organisations make neurodiversity hiring work?' webinar was transformative. His deep insights into cultural consciousness reshaped our DEEI strategies, significantly enhancing our organisational culture and establishing us as leaders in inclusive practices within the tech industry."

Stine Wincentzen, Business Development & Communications Manager, Nuna



"Collaborating with Jarell on the 'Bridging Minds' project was enlightening. His innovative approach to merging AI with mental health strategies enriched our project outcomes and deeply resonated with our diverse team. Jarell's contributions have been essential in advancing our company's mission towards more empathetic and effective corporate wellness practices."



Hugh O'Keeffe, Diversity & Inclusion Lead Diversity & Inclusion Lead

Employers Network for Equality & Inclusion (ENEI)

"Jarell's keynote on the experiences of Black men in the workplace was profoundly impactful. Blending personal experiences with professional insights, he gave our team a deeper understanding of microaggressions and systemic biases, leading to significant cultural shifts in our workplace."

Case Study 1: Compass Pathways' Cultural Consciousness Initiative



Challenge: Compass Pathways faced a challenge in fostering a genuinely inclusive and engaged workforce across a global platform with over 20 different cultures interacting within the organisation.

Solution: Leveraging data from pre-assessment surveys, live polls, session notes, and a dynamic session led by Spinach AI, Bempong Talking Therapy developed a tailored program focusing on skills-based training, inclusive environment initiatives, and organization-wide focus adjustments.

Outcome: Post-intervention, Compass Pathways reported increased employee comfort and confidence in engaging across cultures, reduced unintentional microaggressions, and an enhanced recruitment process reflecting a commitment to diversity, equity, and inclusion. Specific workshops helped embed cultural consciousness across all levels of the organisation, impacting hiring practices, onboarding, and vendor selection.

From Compass Pathways Initiative

"The training enhanced our ability to interact with different cultures within our company and made us more aware of our biases and how to address them. The practical tools provided have been instrumental in helping us navigate complex cultural dynamics."

Case Study 2: Empowering Ethnically Minoritized Nursing Students

The logo for Kingston University London, featuring the text "Kingston University London" in white on a black rectangular background.

Challenge: Ethnically minoritized nursing students at a significant healthcare education institution were experiencing microaggressions and racism, which affected their educational outcomes and emotional well-being.

Solution: Bempong Talking Therapy conducted an AI-powered, data-driven workshop to empower these students by addressing and navigating systemic challenges in their education and placements. The workshop included interactive elements like real-life case studies and breakout room discussions to foster a deep understanding and practical application of the learned concepts.

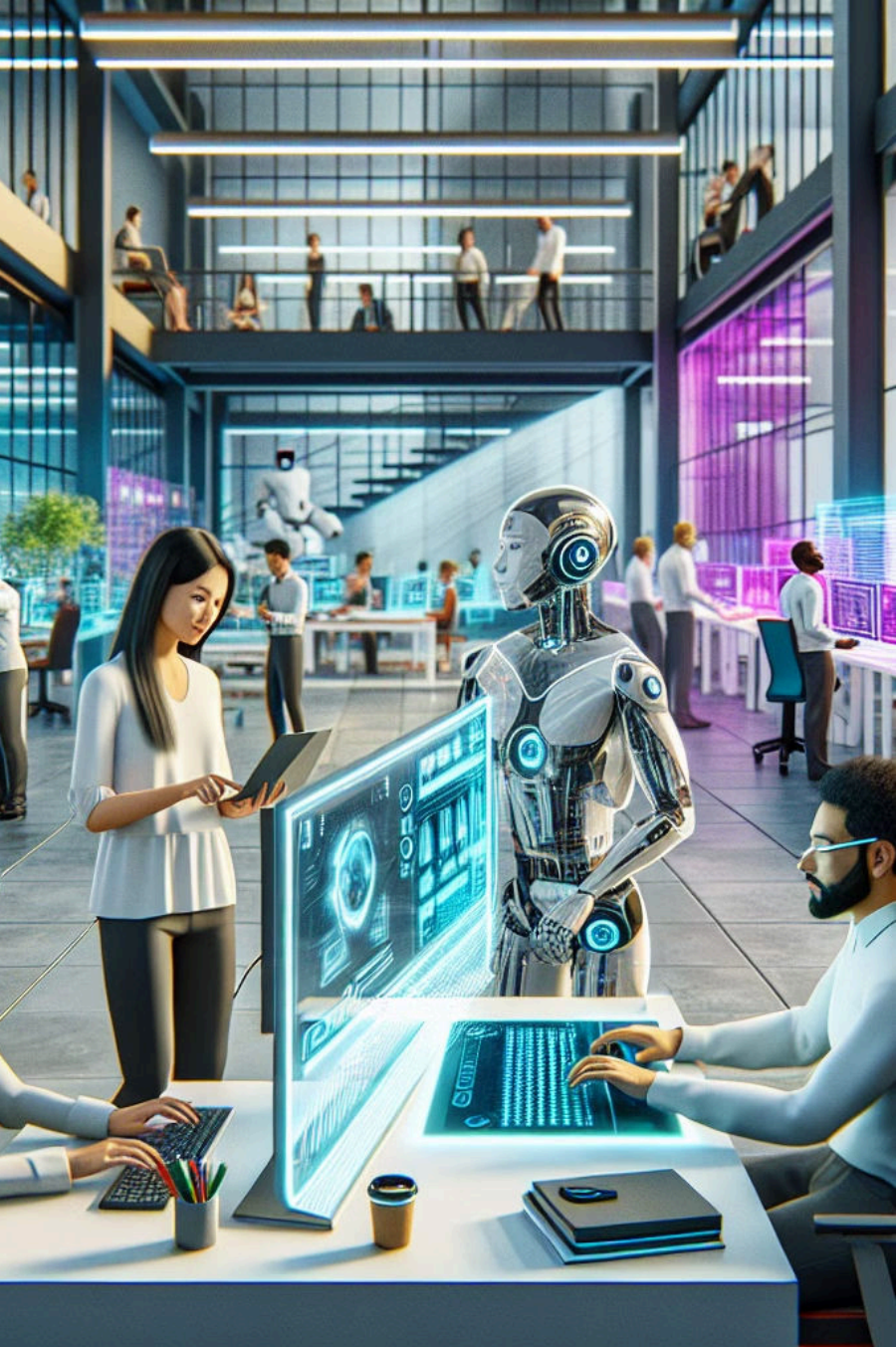
Outcome: The workshop significantly increased students' awareness and understanding of racism and microaggressions, with marked improvements in their confidence in addressing these issues. Feedback highlighted a shift from uncertainty to clarity, passive to proactive coping strategies, and doubt to renewed commitment to the nursing profession. Many participants desired ongoing learning and support, underscoring the need for continuous educational and systemic change.

From Nursing Students Workshop

"This workshop was a turning point for me. It provided me with the tools and confidence to address microaggressions and racism in my placements. I now feel empowered and resilient, ready to face the challenges in my nursing career with a renewed sense of purpose."

Common Questions About Our Corporate Solutions

The FAQs:



Q1: Our company already has an EAP. How is Bempong different?

EAPs are vital, but they're reactive. We're proactive. Our AI tools identify potential issues before they become crises, and our DEEI focus builds an inclusive culture from the ground up.

Q2: We're a global company. Can you handle that?

Yes! Our team has expertise in cross-cultural dynamics. We'll customise a program that addresses each of your locations' unique needs.



Q3: How do you work with our existing HR and DEEI initiatives?



Collaboration is critical. We see ourselves as an extension of your team, providing specialised expertise, data analysis, and targeted training that amplifies your current efforts.

Q4: Measuring ROI is essential to our leadership. How do you track results?



We set clear metrics (absenteeism, retention, etc.) and use our AI tools to monitor progress. You'll get regular reports demonstrating the value of your investment.

Q5: This seems like a long-term commitment. Can we try a smaller project first?



Absolutely. We often start with a pilot program in one department or focus on a specific challenge. That lets you see the impact before scaling up.

Begin Your Journey Towards Workplace Transformation Today



Take the first step towards transforming your workplace into a sanctuary of growth and well-being. Scan the QR code to visit our website or to book a free consultation for more information about our services and how we can tailor them to meet your needs. Let's work together to empower everyone in your organisation to reach their fullest potential.

Our Commitment to Diversity, Equity, and Inclusion

At Bempong Talking Therapy, we are deeply committed to promoting diversity, equity, and inclusion in all aspects of our work. We recognize that true well-being can only be achieved when everyone feels valued, respected, and supported, regardless of their background or identity.



Diversity

We celebrate the rich tapestry of cultures, experiences, and perspectives that make up our global community.



Equity

We strive to create a level playing field, addressing systemic barriers and ensuring equal access to opportunities and resources.



Inclusion

We foster an environment where everyone feels welcomed, respected, and empowered to contribute their unique talents and perspectives.

Closing Message



Join Us in Redefining Workplace Wellness

At Bempong Talking Therapy, we envision a future where every workplace is a haven for growth, empathy, and well-being. Together, we can transform environments into spaces where every individual is empowered to thrive and reach their fullest potential.

Act Now to Make a Difference

Don't wait to start making positive changes in your organisation. Contact us today to explore how our culturally conscious and AI-enhanced approaches can elevate your workplace wellness. Together, we can build a brighter, healthier future for everyone.

Connect With Us – Let's collaborate to create a world of well-being and inclusion.