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Love Light
Friday at 9 AM Pacific
June 24th 2022: Wellness and Mental Health in the Workplace with Drona Dewi

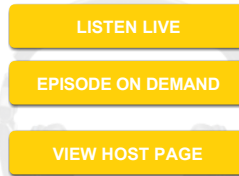
Business owners are operating under considerable strain, and the pressure is mounting for both owners and employees. Stress is a leading source of poor mental health. Business owners should understand what pressures staff are experiencing and how to support them. Drona Dewi is a Certified Mental Health Responder and Mental Health Response Instructor certified by Mental Health Management, Australia, and is part of the Special Projects Committee in NAWEM (National Association of Women Entrepreneurs Malaysia) where she supports the NGO with training and talks on wellness and mental health. She hel

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Featured Guest



Drona Dewi

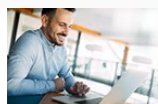
Drona Dewi hails from Malaysia. She is a wellness trainer from a biotechnology background has more than 10 years of experience in research and development industry specifically on diabetes care and lifestyle modifications focusing on health mindset. She is a passionate well fashion image consultant who focuses on sustainable fashion. These experiences have brought her to understand that significance of physical and mental well-being and hence pursued in becoming a certified mental health first aider first then a mental health response instructor certified by Mental Health Management, Australia. As a mental health first aider, she understands factors that can affect wellbeing, spot triggers a

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