



ALEKSANDAR PLAVSIC

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PSYCHOLOGIST

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# Workplace Mental Health & Wellbeing

Psychology-informed support for burnout prevention,  
workplace pressure, leadership wellbeing, HR wellbeing  
and healthier organizational cultures.

For HR, People teams, clinics, wellbeing initiatives and international  
organizations

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# About Aleksandar

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I work at the intersection of workplace wellbeing, organizational psychology, psychological support and international professional life. My work is shaped by psychology training, PhD research connected to mental health at work, global HR and Talent Acquisition experience, and public mental health work across different sectors.

## Work & organizational psychology

PhD work connected to mental health at work, burnout, leadership, wellbeing and organizational contexts.

## Spanish organizational research

Research experience across Spanish organizations, including fieldwork and conversations connected to work, leadership and wellbeing.

## Corporate and HR experience

Global HR and Talent Acquisition experience in an international remote company.

## International perspective

Experience across 80 countries, clients from 6 continents, and lived experience in 3 countries - reframed through cross-cultural work and adaptation.

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Online internationally | In person in Barcelona or by arrangement

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# Workplace Wellbeing Expertise

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## Burnout prevention

Helping teams recognize pressure patterns, emotional exhaustion and early warning signs before burnout escalates.

## Leadership wellbeing

Supporting leaders and managers carrying responsibility for people, performance, decisions and uncertainty.

## HR wellbeing

Dedicated support for HR professionals exposed to emotional labour, conflict, compassion fatigue and organizational pressure.

## International teams

Support for multicultural teams, remote collaboration, relocation stress and cross-cultural communication.

## Formats

- Keynotes
- Workshops
- Team sessions
- Leadership sessions
- HR programs
- EAP collaboration

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# Selected Workshop Topics

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## **The People Behind the People**

Mental Health and Resilience for HR Professionals. Emotional labour, burnout risk, difficult conversations, boundaries and recovery.

## **Stress, Communication & Emotional Regulation at Work**

How pressure affects attention, reactions, decision-making and communication in demanding work environments.

## **Burnout Prevention and Recovery**

Recognizing stress patterns early and building practical recovery and sustainability practices.

## **Psychological Safety at Work**

Creating conditions for honest communication, trust, learning and healthier team conversations.

## **Mental Health for Managers and Team Leads**

Supporting leaders to recognize stress, communicate under pressure and support teams responsibly.

## **Cross-Cultural Work and International Teams**

Understanding cultural adaptation, communication patterns and wellbeing risks in international teams.

## **Resilience in Remote and Hybrid Work**

Managing digital pressure, boundaries, connection and recovery in distributed work environments.

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# Why Organizations Work With Me

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- Psychology-informed workplace wellbeing, not generic wellness content.
- Experience across public, private and NGO sectors.
- Understanding of HR realities, global teams, remote work and international professional environments.
- Ability to connect human wellbeing with organizational pressure, leadership and sustainable performance.
- Calm, professional delivery suitable for HR, People teams, leaders, clinics and wellbeing initiatives.

## Contact

For workshops, HR programs, wellbeing collaborations or EAP-style support:

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