

## Wellness Summer Bingo WEEK 4: Mental Health

**To attend, click on link here:** [Thriving Together: Emotional & Relational Wellness at Work](#)

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**Workshop:** Thriving Together: Emotional & Relational Wellness at Work

**Presenter:** Sophie de Jong, M.Ed., LMHC, NCC

**Workshop Date/Time:** Wednesday, 7/23/2025 from 11:00 AM – 12:00 PM (HST)

**Workshop Description:** This workshop invites HPU staff to explore core skills for navigating stress, fostering self-awareness, and building healthy relationships at work and beyond. Participants will walk away with strategies they can apply to support personal well-being and strengthen team culture.

**About the Presenter:** Sophie de Jong is a master's-level clinical mental health therapist at HPU's Counseling and Behavioral Health Services Center. She has experience providing individual, couples, and group therapy across university counseling, community mental health, and crisis stabilization settings. Trained in trauma-informed care, mindfulness-based interventions, and cognitive behavioral therapy, Sophie applies strengths-based and culturally responsive approaches in her work.

She is passionate about supporting LGBTQ+ students, student athletes, military-connected individuals and families, and those facing anxiety, identity development, and relationship challenges. With a warm, relational, and direct style, Sophie helps students build self-awareness, emotional resilience, and meaningful connection.