



WORKSHOPS & PSYCHOLOGICAL CONSULTANCY

Evidence-based psychology, made practical at work.

We help organisations understand the psychological challenges that shape working life, then turn evidence into clear, useful action.

For teams, leaders and organisations • Workshops online or in person in London • Tailored to your brief

Workshops & talks

- ✓ Burnout and sustainable working
- ✓ Stress, anxiety and emotional wellbeing
- ✓ Practical psychological tools for everyday life
- ✓ Neuroinclusive workplaces and strategies
- ✓ AI anxiety and uncertainty at work
- ✓ Bespoke talks, workshops and sessions for groups or individuals

Psychological consultancy

- ✓ Review wellbeing initiatives, policies and internal communications
- ✓ Advise on workplace mental health, wellbeing strategy and the psychological impact of AI adoption, including uncertainty, trust and changing roles
- ✓ Develop psychologically informed resources and content
- ✓ Consult on specific organisational needs

Dr Ceyla Karamanci

HCPC-registered Clinical Psychologist · DClinPsy, UCL · PhD, Koç University · Master's, Washington University in St Louis



Clinical and Cognitive Psychologist with two doctorates: one in Clinical Psychology and one in Cognitive Psychology. Her PhD focused on computational models of optimal decision-making. Her background spans clinical practice, published research and academic teaching. She brings expertise in human behaviour, emotional wellbeing and evidence-based psychological approaches to help organisations understand how people think, communicate, make decisions and navigate challenges at work.

Dr Jacquelyn Yang

HCPC-registered Clinical Psychologist · BABCP-accredited Cognitive Behavioural Psychotherapist · DClinPsy, PGCert and Master's, UCL



Clinical Psychologist and Cognitive Behavioural Psychotherapist specialising in trauma, stress and burnout. She has published research and delivered training to NHS staff. A former international competitive swimmer for Hong Kong, she brings first-hand understanding of resilience, performance and working under pressure. She applies this trauma-informed, evidence-based perspective to help organisations build sustainable, inclusive workplaces and support the wellbeing of people, teams and leaders.

Tell us what you're working on.

Whether you have a clear brief or an early idea, we are happy to discuss what would work for your organisation.

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