

THE LISTENING ROOM

*Confidential listening sessions for professionals
Samaritans trained active listener. Professionally insured*

THE GAP

Many international professionals quietly opt out of formal support, not because they don't need it, but to avoid the perceived stigma, paperwork or professional consequences. They manage stress privately and continue performing under sustained pressure without a safe outlet to decompress.

A pressure valve for everyday working life.

WHAT THIS IS

- Independent, non-clinical 50-minute listening sessions in English.
- Available by video call or walk-and-talk near your offices.
- No diagnosis, no coaching, no reporting, no career consequences.
- A confidential space to decompress and think aloud, free from judgement.

WHY IT WORKS FOR ORGANISATIONS

- Supports employees to release pressure early, before stress begins to affect wellbeing, performance or retention.
- Employees are far more likely to use support that sits completely outside the company, no internal visibility, nothing reported back and no career risk.
- Employees self-schedule directly via a private corporate link, no administrative burden for HR. Companies simply purchase a block of sessions and the service runs itself.

With a corporate background in MedTech and Finance, I have sat in those meetings, dealt with those managers and felt the pressure of those deadlines. I understand why so many professionals quietly push through, often unaware of the relief that can come from simply saying things out loud. I built this service because I know myself and many colleagues would have genuinely benefited from having a safe, independent space to do exactly that.

Feel free to share this with relevant colleagues.

Ready to explore a pilot?

A low risk way to introduce independent confidential support

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