



Figuring it out together

Description

The Wellness Team hosted a number of Mental Health Round Table events in recent months, helping our employees with both practical and emotional issues.

Decode your payslip

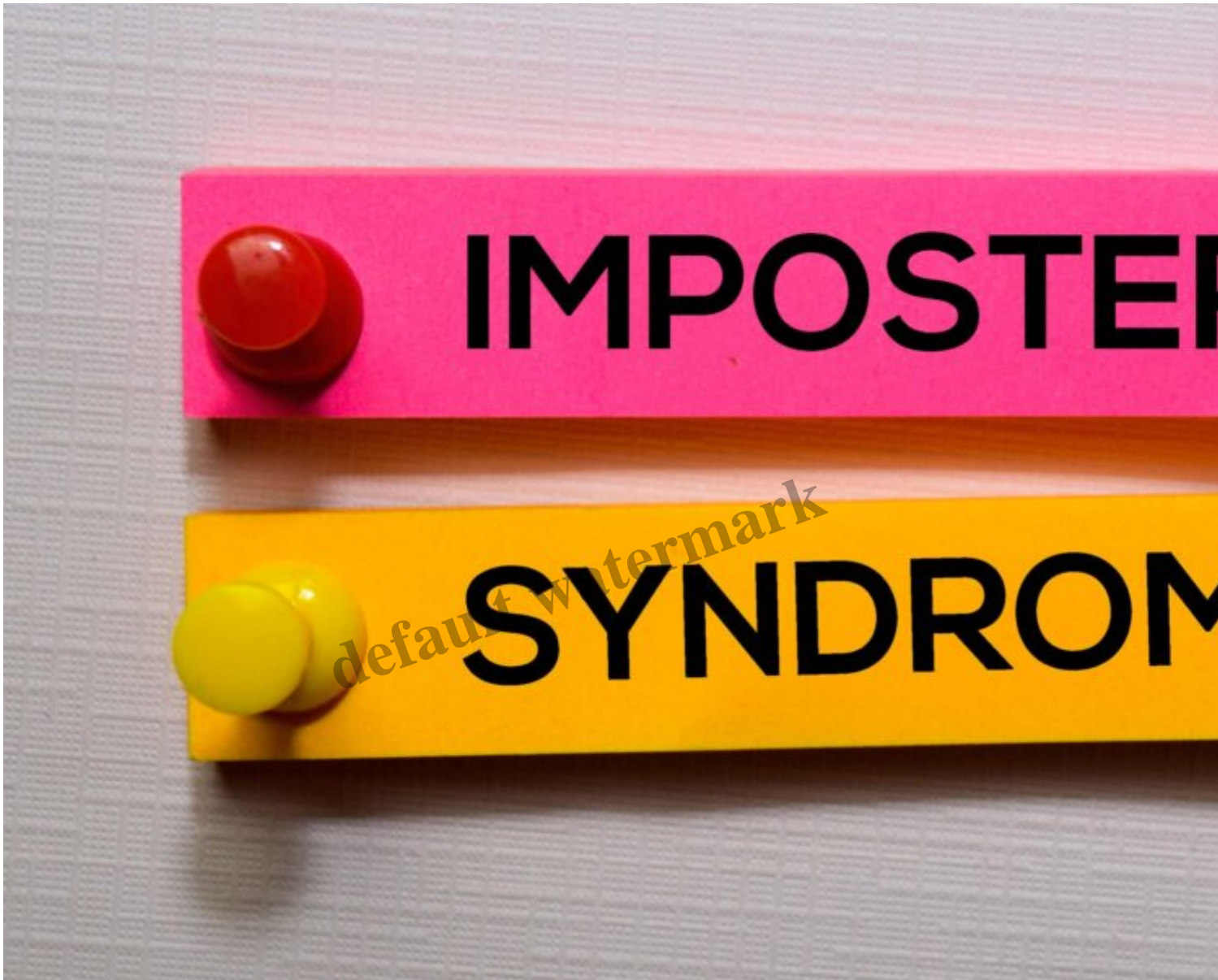
Our payslips contain a wealth of information on our earnings, benefits and tax obligations – but sometimes it can be confusing or feel like a foreign language. Facilitators Liana Henning, head of Wellness at Interface, and Vincent Khoza, AfroCentric Group senior rewards specialist, hosted a session on decoding your payslip.



The session was aimed at employees who wanted a detailed insight into the methodology of their payslips, bridging the gap between financial literacy and mental wellbeing. Participants explored how confusion or a lack of transparency around pay can contribute to stress, anxiety, and decreased morale in the workplace.

[Click here to listen to this session](#)

Imposter syndrome



We focused on imposter syndrome and the psychological experience of this syndrome, where individuals doubt their abilities and fear being exposed as a “fraud”, despite evident success. The discussion explored its deep connections to mental health, workplace culture and personal development.

Facilitated by Navlika Rantangee, managing director of Lyra Health, some of the key points in the discussion included understanding imposter syndrome, the mental health impact of imposter syndrome, and workplace culture and strategies for resilience.

The round table emphasized that imposter syndrome is not an individual flaw, but a reflection of wider systemic and cultural factors. A healthy workplace includes validation, transparency and emotional

safety.

[Click here to listen to this session](#)

Understanding temperament matters



Facilitator Gifty Nyarko, social worker and corporate well-being specialist, led discussions on how individual temperaments, our natural personality traits and emotional responses shape mental health, behaviour, and workplace dynamics. Recognising and respecting temperament differences is key to fostering psychological safety and wellbeing.

Some key themes under discussion included what temperament is, the mental health connection,

inclusive environments, and tools for support.

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Category

1. Our Wellness

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