

emotionally

The Emotional Health Experts

Corporate Employee
Emotional Health
Assistance Program

www.emotionally.in

emotionally

Corporate EAP

- The most comprehensive Emotional Health EAP - covers all aspects of Emotional Health
- Therapy, Counselling, Coaching and Training
- Most affordable Plans
- Unique DIY customisable Plan to suit every organisation and every budget

emotionally

Telephonic Counselling

- By Trained Psychologists
- 30 minute Sessions
- All areas of Emotional Health
- Open 9 am to 9 pm on all working days
- Toll Free Number

emotionally

Specialists Consultation Over Live Video

- By Experienced Specialists
- 45 minute Sessions
- All areas of Emotional Health
- By Appointment

emotionally

Group Workshops

- Interactive Group Sessions with Activities, Cases etc.
- For Middle to Senior level Managers
- 60 to 90 minute sessions
- Maximum participants: 25
- **Customised Sessions Can Be Done**

- Managing
 - Stress
 - Anxiety
 - Depression
 - Loneliness
 - Relationships
- Emotional Resilience
- Thriving In WFH
- FLOW - The Secret Of Peak Productivity

emotionally

Emotional Health First Aid

- Learn
 - Types of Emotional Health Problems
 - How to read the signs
 - How to offer Emotional First Aid
 - How to track and monitor
- For HR Teams and Line Managers
- 4 Sessions of 90 minutes each
- Maximum participants: 25

emotionally

On Site/Dedicated Psychologist

- Dedicated Experienced Psychologist available either onsite or online on fixed days and time
- Minimum Booking
 - Two Half Days A Month
 - 3 months contract

emotionally

Crisis Intervention

Sometimes there are serious unforeseen events that may affect a number of people. These events tend to happen without notice. In these situations our team of Senior Experts provide counselling to the affected, their family members and colleagues in a concentrated fashion.

The Crisis Intervention package does not include any individual long term therapy

emotionally

Group Coaching

- Interactive Group Sessions with Activities, Cases etc.
- For Middle to Senior Managers
- 60 to 90 minute sessions
- Maximum participants: 25
- **Customised Sessions Can Be Done**

- **FLOW** - The Secret Of Peak Productivity
- Women Talent Success Coaching
- Millennials Coaching
- Career Resilience
- Performing For Success

emotionally

Individual Leadership Coaching

Customised
Individual Coaching for
the leadership Team

emotionally

Emotional Health Awareness

We Provide **FREE**
Digital Communication
Collaterals for Socialising
Emotional Health
Awareness

emotionally

Emotional Health Self Care

We Provide **FREE**
Online Multi-media
Self Care Programs
In Different Areas
Of Emotional Health

emotionally

Emotional Health Assessment

We Provide **FREE**
Online Assessments
in Different Areas Of
Emotional Health

emotionally

www.emotionally.in

GET IN TOUCH

Anita Belani - Cofounder
anita@emotionally.in

Amit Bose - Cofounder
amit@emotionally.in