

# emotionally

## International Women's Day - 2023 #EmbraceEquity



**This year we start the journey of**  
**EMBRACING EQUITY**

**WHICH SIMPLY MEANS BEING FAIR AND JUST**

Not only women, we all have to EMBRACE EQUITY  
EQUITY starts with a change to a Mindset of being JUST and FAIR.

We have deigned a powerful program for equipping  
your employees to change their mindset and lead a full life.



For both Men and Women



For Women

## Corporate Webinars



### 1. Embracing Equity

Designed for both **men and women**, this webinar will focus on what all employees can do practically to create a more gender equitable workplace.



### 2. Building Your Personal Superwoman Brand

Socially and culturally, women have always been advised to remain in the background and not project themselves. This mindset has held back many talented women from reaching their full potential. In this webinar, we guide women on how to build their own unique brand identity and reach their full potential

## Corporate Webinars



### 3. Leading A Guilt Free Wholesome Life

**GUILT** is one of the biggest barriers for women to lead a wholesome life. Women are always feeling guilty and self-sacrificing, almost always to their own detriment. In this webinar, we guide women on how to get rid of the GUILT DEMON and lead a FULL WHOLESOME LIFE



### 4. Super Confidence - The Ticket To The High Table

**Lack of Confidence** stands in most women's way for A Seat At The High Table. Women continue to suffer from the Impostor Syndrome - I am not good enough. Imbued by thousands of years of second class citizen treatment, women have huge amount of success anxiety and lack of self-confidence. This webinar teaches women how to be confident without being pushy, being assertive without being aggressive and how to internalise Success

# Small Group Sessions



## What are Small Group Sessions?

10-15 people share, discuss, debate and formulate action plans under the guidance of a senior Psychologist or a Coach. Totally private and confidential, these groups are great forums for participants to talk freely about their deepest fears, concerns and aspirations which they normally would not do in public settings. **To get the most out of these sessions, we recommend at least 3 sessions per topic.** These sessions can be run separately for women and men

## Deep Connections: Building and Sustaining Healthy Relationships

Whether personal or professional, strong healthy relationships are the foundation of a full life. But, do we really know how to build and sustain healthy relationships? Can we really establish boundaries? Can a man and a woman be really friends? How do we handle broken relationships? These and many other questions are discussed and answered in these sessions

## Small Group Sessions



### **And vs Or: How to have a successful Career and Personal Life**

For too long we have discussed about Work vs. Personal Life. The truth is that we really don't quite know how to successfully manage both Work and Personal Life. In these sessions, participants learn the way to be successful in a life in which work plays a large role.

### **My Best Self: Self Awareness is the first step of the journey**

Most of us don't have the foggiest idea of ourselves. When asked " Tell Me About Yourself" we rattle of our CV - what we have done (or not) and maybe what we like or dislike. But we almost never talk about our true self, frankly because we don't have a clue. In these sessions participants learn about how to discover their true selves and live comfortably in their own skins.



## What is EMOHELP?

**EMOHELP** is One On One Therapy/Coaching provided by our experienced Psychologists and Coaches. Using advanced tools and techniques, the experts help you to manage and overcome mental and emotional health problems. These 100% private and confidential 45 - 60 minutes online or in-person sessions focusses on your wellbeing enabling you to lead a full life



THErapy AND COACHING can. be used for CURING and PREVENTION.  
Think of PREVENTIVE THERAPY as an Emotional Health Vaccine that prevents you from falling sick.  
CURATIVE THERAPY is used when you are unwell - to make you well and back to normal life again

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**EMOTIONALLY** is India's leading Mental and Emotional Health Firm.

Our team of highly qualified and experienced Psychologists and Coaches are based out of major cities in India.

We have helped over 20,000 people in the last few years to be Emotionally Healthy and Fit and have served many major corporates.

We help people of all ages , with every type of life or work challenge.

**Our commitment to you is to enable you to lead a wholesome and full life, to fulfil your talents and dreams and to be strong, self reliant and happy**

**We have many other Offerings and create customised solutions**

Please get in touch



[counselling@emotionally.in](mailto:counselling@emotionally.in)



+91 8591593942