

Enabled by ML

# Employee Wellness Program

# MANOSHALA

WELLNESS BY CHOICE

10,000 + Clients

30,000+  
Therapy Hours

300+  
Workshops



# Manoshala Trusted By

**Clients In India 90<sup>+</sup>**

Strong portfolio of clients across manufacturing, insurance, social sector, Edtech, diagnostics, electronics and IT, government, sustainability, etc...

**10000<sup>+</sup> Therapy**

**Workshops 350<sup>+</sup>**





# Holistic Wellness Solutions

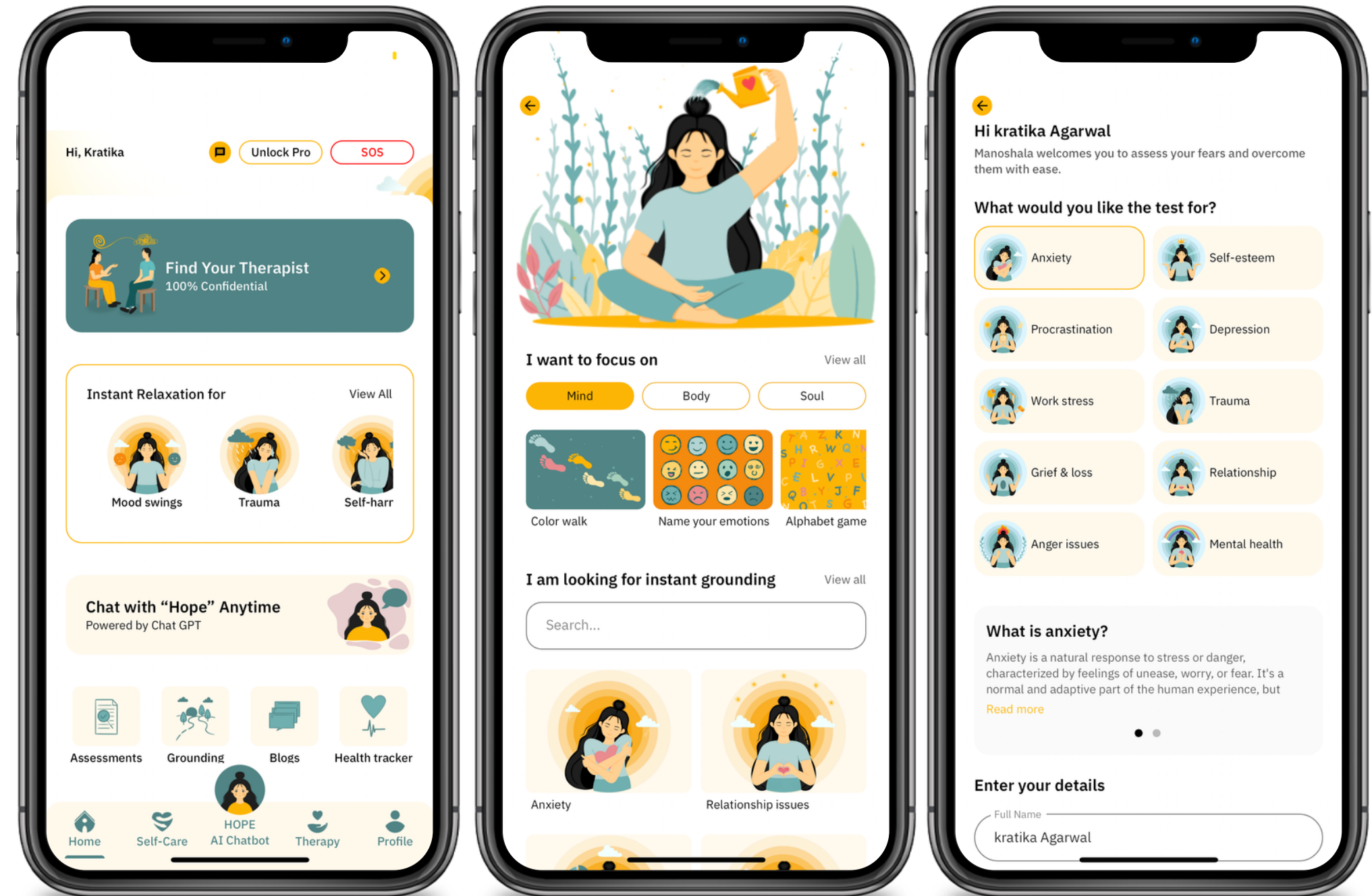
Below solutions are provided across five pillars of wellness mental, emotional, physical, social, and professional

1 Wellness Workshops

2 Engagement sessions

3 Corporate Training & Mentoring

4 Employee Wellness Program (EWP)- comprehensive mobile application based



# All India Coverage

## Experts In India

English, Hindi, Punjabi, Gujarati, Bengali, Nepali, Malayalam, Marathi, Telgu, Kannada, Tamil

### 12+ Professional Expertise

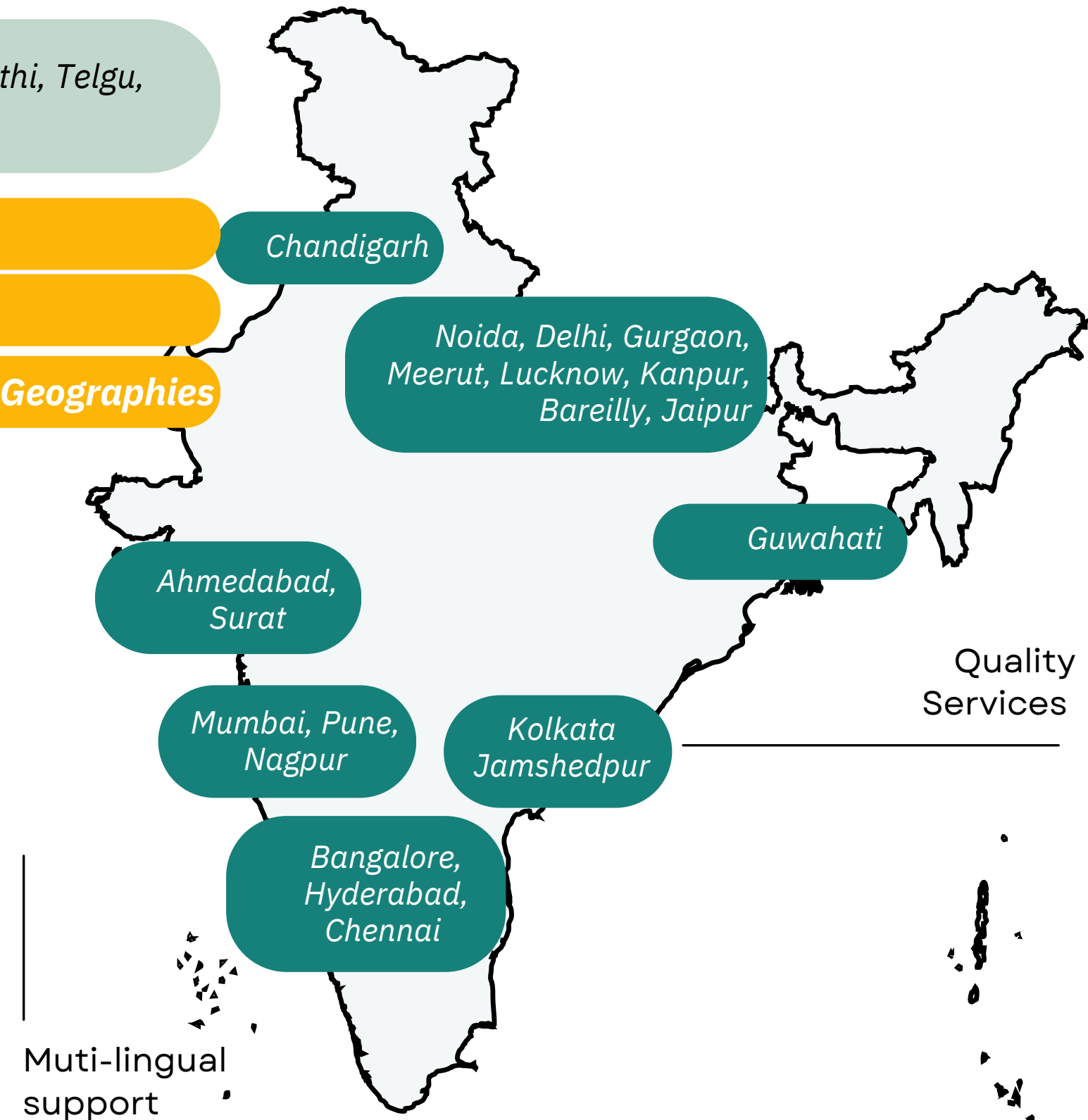
1. Counseling Psychologist
2. Clinical Psychologist
3. Creative Art Therapist (4 types)
4. Zumba Instructors
5. Pilates Instructors
6. Yoga Instructors
7. Executive Coaches
8. Life Coaches
9. Happiness Coaches
10. NLP coach
11. Mindfulness Coaches
12. Nutritionist

*Expansion of experts can be done within 45 days of requirement analysis*

### TOP Professional Education

1. Berklee School of Music
2. University of Penn
3. New York University
4. Lesley University
5. TISS
6. St. Xavier's College
7. Christ University
8. ICF-certified Executive Coach
9. CID-UNESCO Paris and CMTAI,
10. Cranfield University
11. American Board Certified Music Therapist
12. Certified Neurologic Music Therapist etc

### Geographies



# Wellness & Engagement | Modalities

<i>Lyric Writing</i>	<i>Art-Making</i>	<i>Mandala Art</i>
<i>Drama</i>	<i>Coaching</i>	<i>Fluid Art</i>
<i>Dance and movement</i>	<i>Nutrition</i>	<i>Music Making</i>
<i>Yoga</i>	<i>Zumba</i>	<i>Theatre Games</i>
<i>Mindfulness</i>	<i>Storytelling</i>	<i>Writing</i>
<i>Psychology and Psychiatry</i>		<i>Happiness</i>
<i>Drum circles</i>	<i>Mask making</i>	<i>Yog Nidra</i>

Past videos for your reference- [Link](#)



# Wellness Topics

## Few Suggestions



Stress Management at Workplace

Power of Sound: Ways to Combat Burnout

Mental Health First Aid at Workplace

Building Self-Confidence through Movement

Art of Self-Care

Work-Life Balance through Mindfulness

Recharge your Power

Rest and Recharge: Mastering Sleep Hygiene

Disconnecting from Technology for a Healthier You

Finding your Ikigai



# Employee Engagement Activities

## Few Suggestions

Drum Circles

Fluid Art

Storytelling & Creative Thinking

Creative Thinking: Simple Art & Design

Song Making and Lyrics Writing

Groovin' with the Team

Laughter & Face Yoga

Aerobics and Tai Chi



# Corporate Training Workshops

## Few Suggestions

Growth v/s Fixed Mindset

Time Management and Productivity

Basic Managerial Skills

Feedback Dynamics: How to give and receive feedback?

Art of Work Delegation

Ownership, Accountability, and Responsibility (OAR)

Goal Setting and Tracking Techniques

Emotional Intelligence at Workplace

Problem Solving and Decision Making





# EWP Current Solutions

## Affordable Therapy

## Self-help Tools

## Group Wellness

## Training Solutions



Welcome to Manoshala

Mental health support  
anytime, anywhere

Match your therapist



Get started

Continuing, you agree to Manoshala's  
& Conditions and Privacy Policy.

Kindly helps us with your key issue

- Anxiety
- Self-esteem
- Anger issues
- Depression
- Mental health
- Trauma
- Mood swings
- Procrastination
- Grief & loss
- Relationship
- Work stress
- Dissociative disorder
- Phobias
- Others

1 Online/Offline

2 Audio/Chat/Video

3 ML-based expert mapping

4 ChatGPT empowered Chat Support

5 Self help instant relaxation library

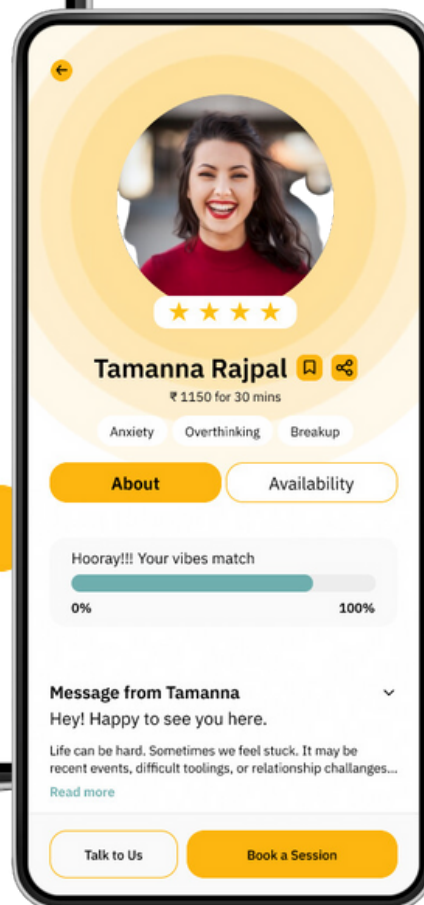
6 Self-regulated Assessments

7 Mental health blogs

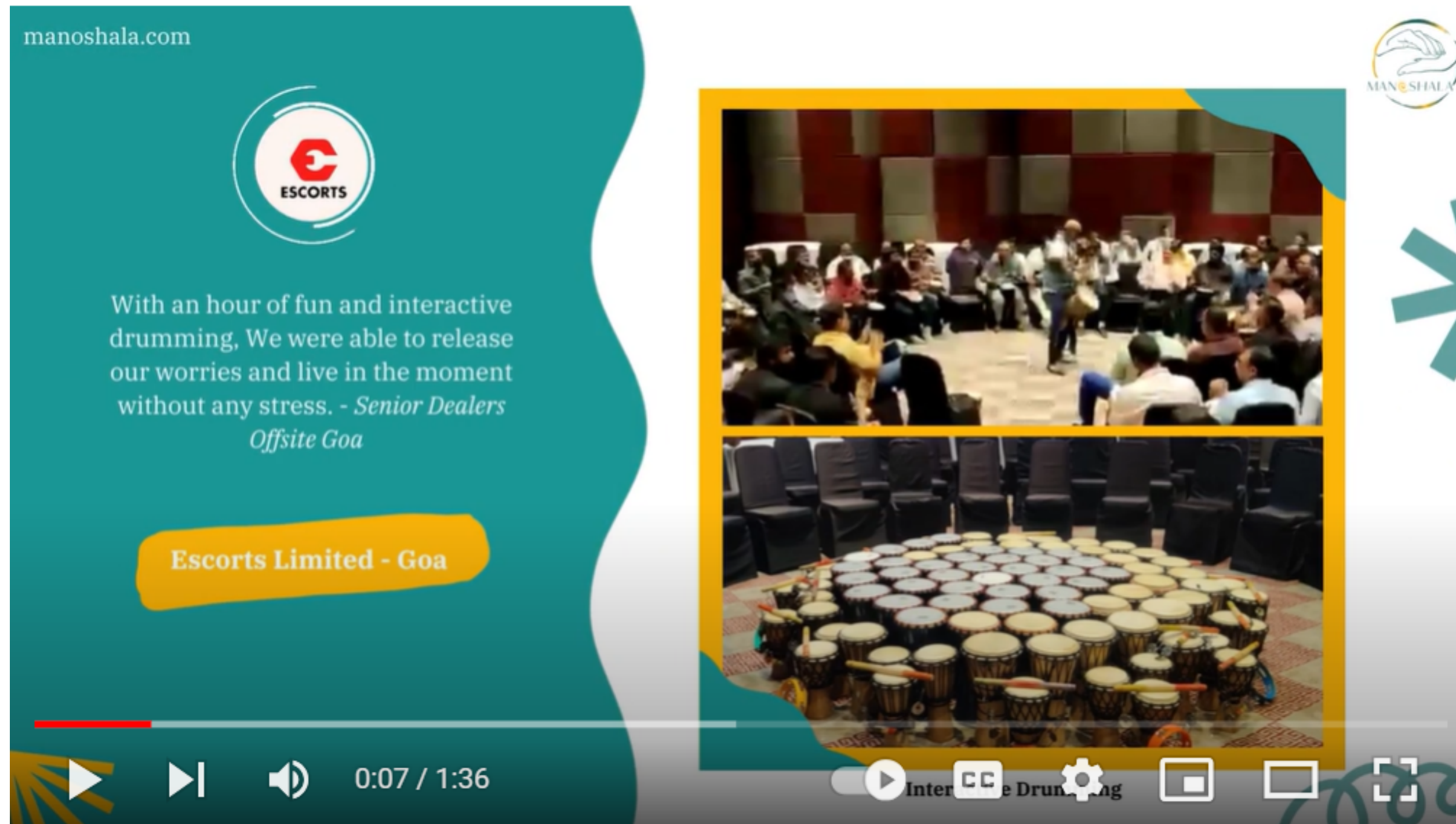
8 Creative Art Workshops

9 Community Tools


10 Corporate Training



# Past Videos (click on the picture)




manoshala.com




With an hour of fun and interactive drumming, We were able to release our worries and live in the moment without any stress. - *Senior Dealers Offsite Goa*

Escorts Limited - Goa



MANOSHALA



# Learn More!

[manoshala.com](https://manoshala.com)

Drop your query at [harshitav@manoshala.com](mailto:harshitav@manoshala.com)



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