


Powered by Chat GPT 

# Employee Wellness Program **MANOSHALA** WELLNESS BY CHOICE

**10,809 +**  
Clients

**32,429**  
Therapy hours

**149+**  
Workshops

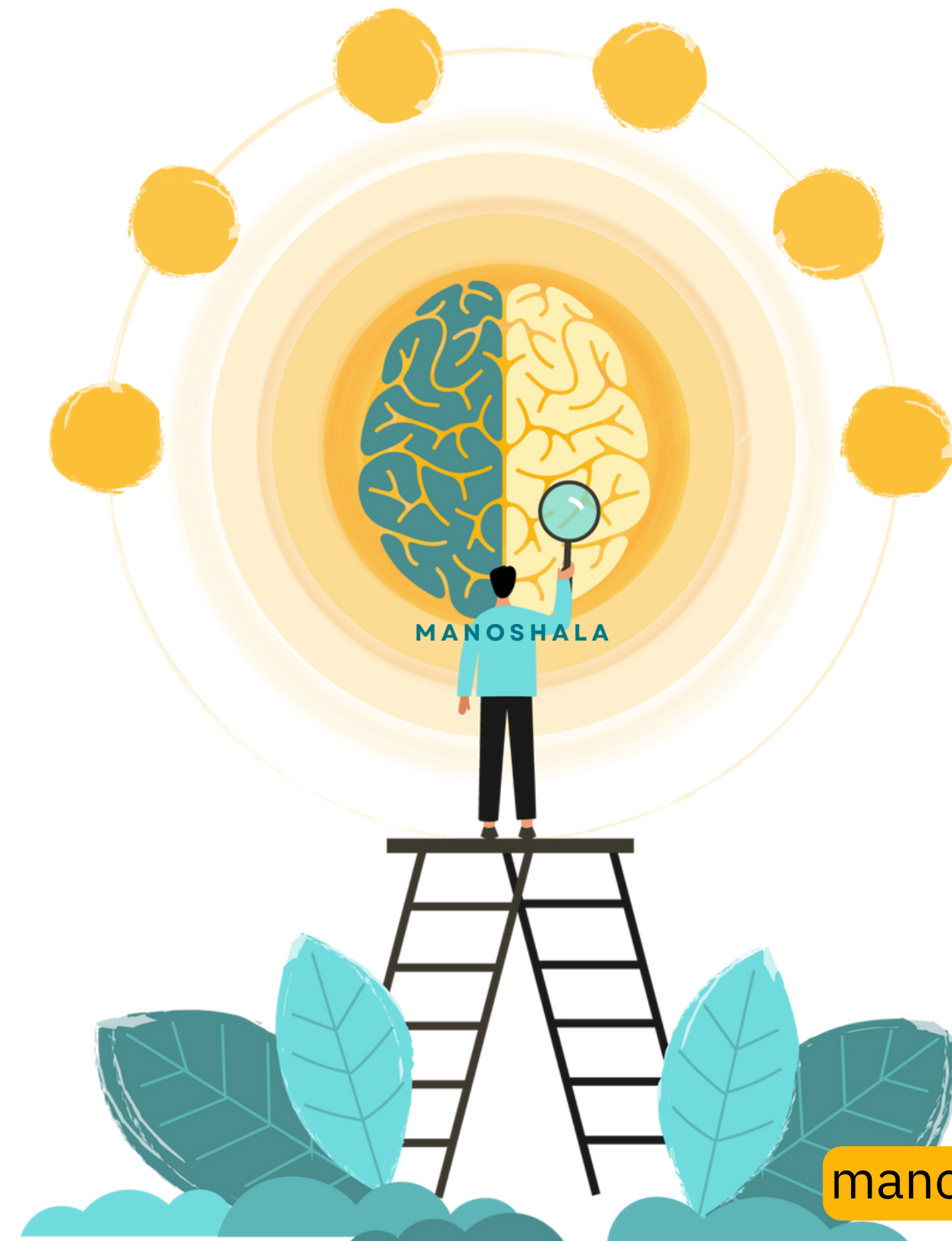
**UK, India  
and Dubai**  
Regions



**PREVIOUSLY AS**



**A NEW MANOSHALA**



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

# Problems are Serious

1

## Lost Productivity

WHO estimates that **poor mental health** will cost Indian **economic loss** of around **US\$1.03 trillion** between 2019-2030

2

## Increased Burnout

Deloitte 2023 survey states **50% of Genz and millennial** work population feels **constantly burnt out**

3

## Low Awareness

Deloitte 2022 survey highlights **25%** of employees were **afraid** of their **image** and **40%** were **not aware** of the company **resources**

# 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 Employee Wellness

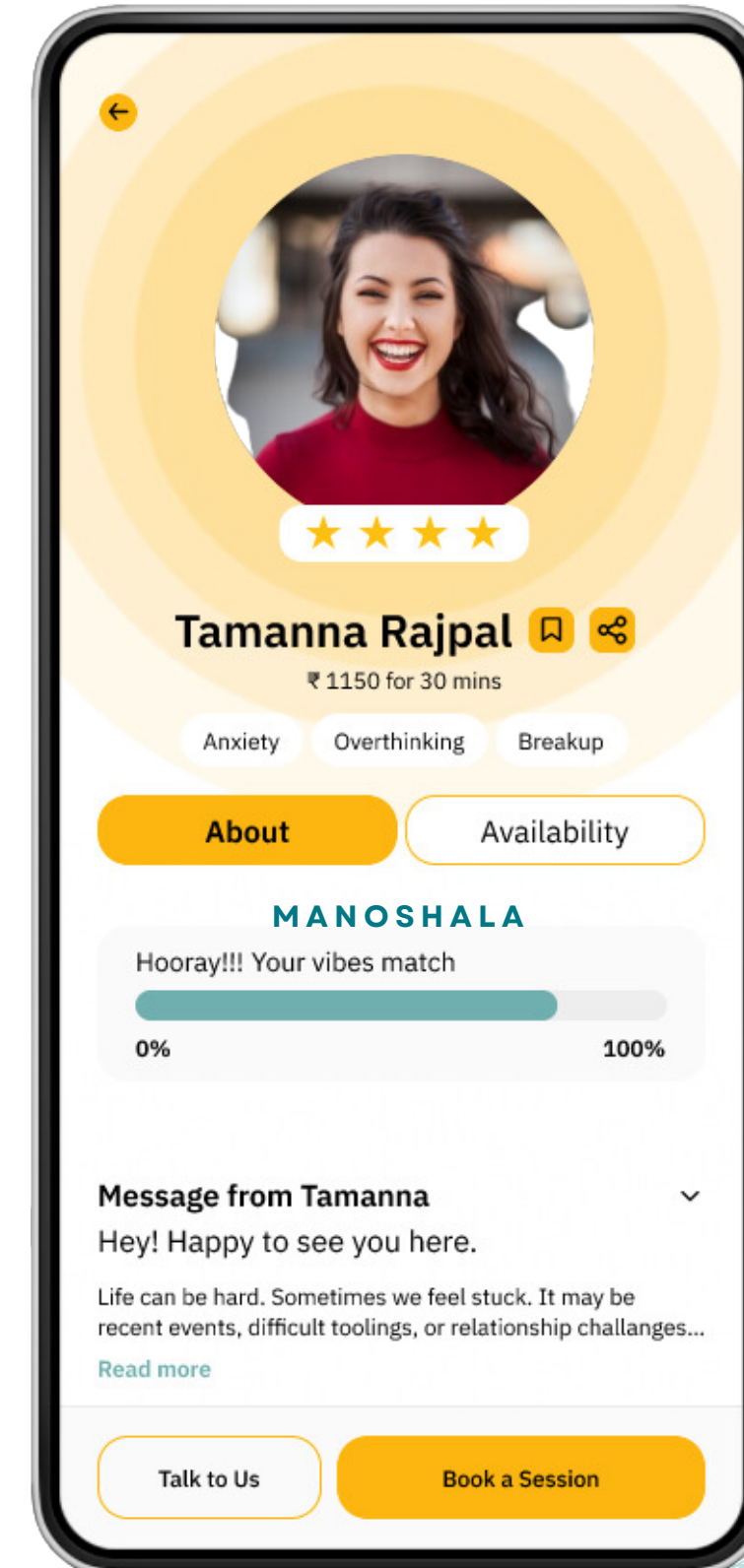
1 Mental

2 Emotional


3 Physical

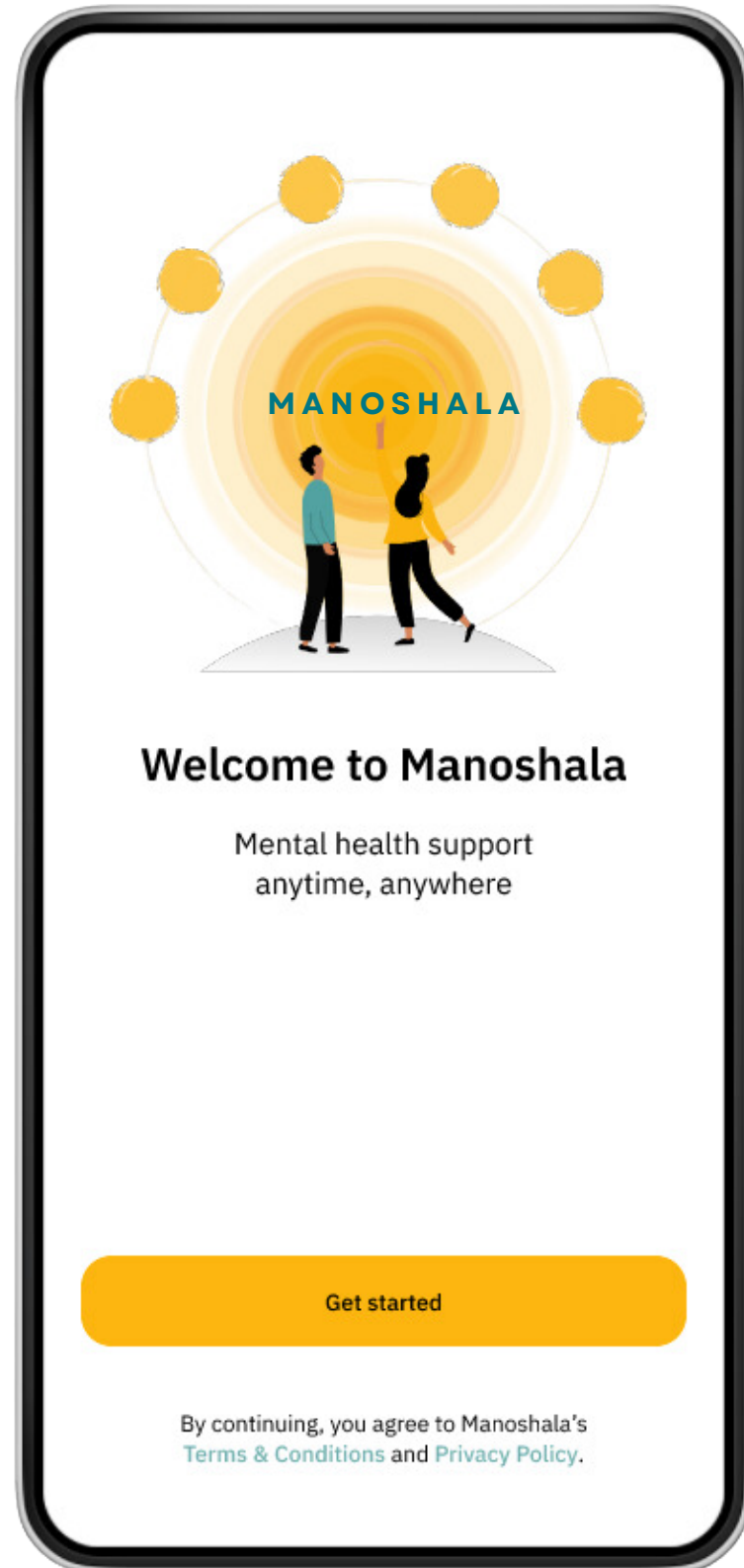
4 Social

5 Professional



# EAP Solutions

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Expert-led Interventions	Self-help Tools	Monitoring & Support	Training Solutions
1 Wellness Workshop	3 Mental health trackers	8 Utilization Report	10 Corporate Training
2 Personal Therapy	4 ChatGPT empowered Chat Support	9 Care-team Support	
	5 Self help instant relaxation library		
	6 Self- regulated assessments		
	7 Mental health blogs		

# All India Coverage

## Experts In India

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

Top universities and licensed  
therapist and experts

Coverage for all expert types  
yoga, music, psychology,  
psychiatry, pilates, Doctors

Muti-lingual  
support



# Wellness Topics

Few Suggestions



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

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

# 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](#)



# Employee Engagement Activities

Few Suggestions

Drum Circles

Fluid Art

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



# Unique Onboarding

We do not just send an email for employee onboarding but go beyond to ensure the impact on your team



# Summary Pricing and Plans



**NO MINIMUM  
GUARANTEE PLAN**



**COMPLETE  
COVERAGE PLAN**

<b>App Led</b>	<b>No Minimum Guarantee Plan</b>	<b>Complete Coverage Plan</b>
Good For	Low Utilization Companies	Large and High Utilization Companies
<b>Features</b>	Therapist, Audio, Video, Chat, Offline, Therapist Mapping, Self-care Library, Assessments, Blogs, Manoshala Workshops, ChatGPT	All features in “No Minimum Guarantee Plan” + Trackers and + Customised Workshops
<b>Access</b>	For all employees	For all employees
<b>Therapy Sessions</b>	As per employee needs	7-12 sessions/ employee annually
<b>Payment terms</b>	After monthly service utilization	Advance annual payment

# **SIGN-UP TODAY**

ONE STOP SOLUTION - FOR ALL YOUR NEEDS

**Wellness Needs**

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**Training Needs**

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**Engagement Needs**

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**Innovative Pricing Models to Offer**

**Most Affordable Pricing in the  
Market with the Best Experts**



# Learn more!



**PREVIOUSLY AS**

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

**A NEW US**

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