



PROGRAM CATALOG

by Thehraav Wellness



ABOUT THEHRAAV

Thehraav Wellness is an initiative to bridge the gap between demand and availability of mental health resources in India. We have 5 verticals – individual therapy, group therapy, public workshops, self healing resources and organisation programs.

Our Vision is to create a movement that supports people in moving inward, become self healers and cultivate emotional independence. We're here to make well being and self-healing a sustainable practice. Our mission is to craft and share soulful, practical resources through meaningful psychoeducation, guided tools, worksheets, videos, workshops, and group spaces. Through these offerings, we're creating a spark of self-care and collective healing.

This catalog will illustrate the various programs we offer to organisations who are invested in the mental health of their workforce and looking for customised relevant solutions.

ABOUT THE FOUNDER

Hi, I am Nishtha, a practicing psychotherapist since 2021. Since day 1 of this profession, I go on a spiral of how will resources of well being reach the vast and diverse population of our country with only a handful of mental health professionals like me. On most days, this spiral guides me to make self healing frameworks and worksheets to share with anyone who comes my way.

On other days, I create solutions for workspaces – a daily space in everyone's life. I wonder, if I had just one day with the employees, managers, teachers, or leaders – what can I offer them to create an impactful sustainable ripple of a self healing journey.

And that led to this catalog and the ample "TELL US WHAT YOU NEED" clauses. With my experience both in psychotherapy and education, and a skillful team who shares my enthusiasm and vision, Thehraav has now evolved from being a passion project to a purposeful impactful entity – and you can be a part of it.



JUMP TO WHAT FEELS RELEVANT

BEYOND PROGRAMS	PAGE	PROGRAM COLLECTION	PAGE
<u>OUR PROCESS</u>	04	<u>Emotional Intelligence</u>	6
		<u>Conflict Resolution</u>	7
		<u>Leadership Development</u>	8
		<u>Decision Making</u>	9
<u>FLEXIBILITIES WE OFFER</u>	05	<u>Sustaining Motivation and Productivity</u>	10
<u>THE TEAM</u>	18	<u>Building a Self Healing Practice</u>	11
		<u>Stress and Burnout Management</u>	12
		<u>Yoga and Meditation</u>	13
<u>WHAT YOU INVEST</u>	19	<u>Work Life Integration in Hybrid Era</u>	14
<u>CONTACT US</u>	20	<u>Creating a Trauma Informed Workplace</u>	15
		<u>Compassion Fatigue and Secondary Trauma</u>	16
		<u>Mental Health First Aid for Leaders</u>	17

OUR PROCESS

this is what we are most particular about every step of this process is a well thought essential component for an impactful program

PLAN

1. **Discovery Call**

we meet and
hear you out



2. **Need Analysis**

data collection with
target participants



3. **Customized Program**

modifying existing
design as per needs

EXECUTE

4. **Pre- Assessment**

measuring baseline
parameters



5. **Program Delivery**

the part where we do
our magic



6. **Post Assessment**

measuring impact
and outcomes

SUSTAIN

7. **Self Healing Resources**

sharing tool kits with
participants



8. **Feedback**

tell us your
experience



9. **Future Planning**

our recommendations
for next steps

THE FLEXIBILITIES WE OFFER

MODE:

Online or In Person programs available across India

DURATION:

1 hour, 3 hour, 6 hour and 2 days.

Every program mentioned in this catalogue has a bite sized 1 hour introduction version, to a indepth 2 day version. A longer program gives scope for more experiential and interactive learning for participants.

Yoga sessions – 1 hour in the morning/evening – suitable for offsites and retreats

CUSTOMIZATION:

Every program is customized for the target audience based on the data collected during need analysis.

EMOTIONAL INTELLIGENCE

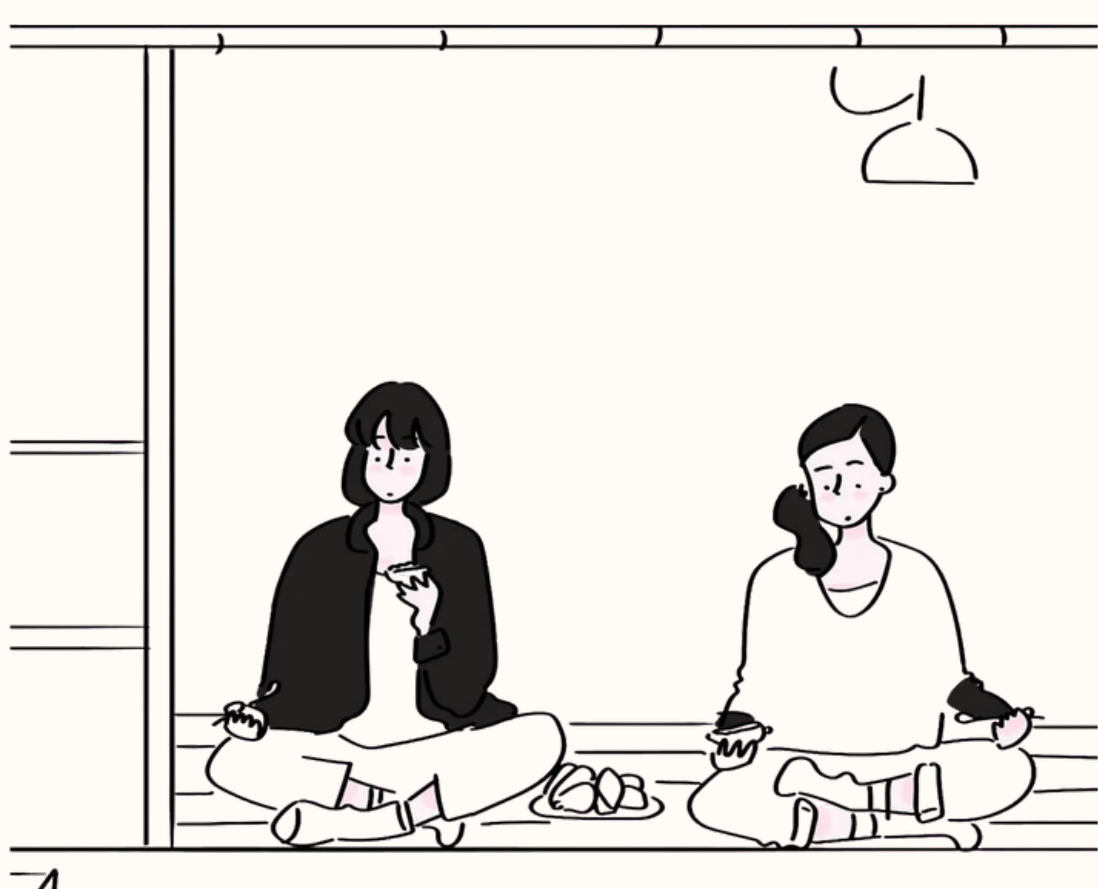
What It Is – The foundation of emotional intelligence, the skill of using emotions in a helpful and meaningful way.

What it will cover –

- frameworks on how to stop overthinking
- understand their emotions and how to use them to solve daily life problems
- concrete tools to use the knowledge independently.

Who is it for – employees, clients, teachers, students or managers who can then replicate the program for their team.





CONFLICT RESOLUTION

Designed to understand the root dynamics of conflict in interpersonal relationships both in one's professional and personal lives.

It uses the lens of transactional analysis to enable participants to efficiently diagnose the turbulences in their life and come up with effective ways to resolve them.

The tools and skill from this program can be translated to professional team dynamics, working with stakeholders, or personal life issues.

Who is it for – social workers, teachers, managers or anyone who works with multiple stakeholders.

LEADERSHIP DEVELOPMENT

Designed to help participants understand their unique leadership styles. Through interactive workshops, participants will learn to leverage psychological principles to foster healthy functioning within their teams.

The program emphasizes emotional intelligence, effective communication, and team engagement strategies.

By the end, participants will be equipped to support their teams and create a positive, inclusive work culture that prioritizes mental well-being.

Who is it for – managers, teachers, stakeholder coordinators, and community leaders.



DECISION MAKING

What It Is – An interactive workshop designed to build a practical mental toolkit for better decision-making, emphasizing emotional intelligence, clear communication, and team engagement.

What it will cover –

- How to differentiate big vs. small decisions and apply tailored approaches to each.
- Principles for healthy individual and team functioning.
- Strategies to support teams and build an inclusive culture that prioritizes mental well-being.

Who It's For – Managers, teachers, stakeholder coordinators, and community leaders.



SUSTAINING MOTIVATION AND PRODUCTIVITY

There is more to procrastination than just laziness. This program offers a space to delve deep and find the root causes of procrastination and simple effective tools to overcome them.

Designed for self discovery, understanding conscious and unconscious motivations – this program will empower participants with a framework enabling them to be their own productivity coaches.

Suitable for everyone in the workspace.



BUILDING A SELF HEALING PRACTICE

This program takes the participant on a journey of understanding their wounds and struggles in life from the lens of trauma.

Followed with empowering the participants with frameworks and self healing tools to move towards a healed life.

Who is it for – anyone and everyone – but especially clients/ stakeholders with limited access to mental health resources.





STRESS AND BURNOUT MANAGEMENT

Burnout is one of the first experiences that tempts employees to call their workplace 'toxic'. When not addressed, it can lead to unloyalty, discouragement 'and Quiet Quitting'.

This program helps anyone in the workforce to find patterns in their work habits and routines, and prevent burnout in the first place.

By the end, participants can map how their energies are spent and energized, and create prevention plans for themselves to be productive and high performing in sustainable ways.

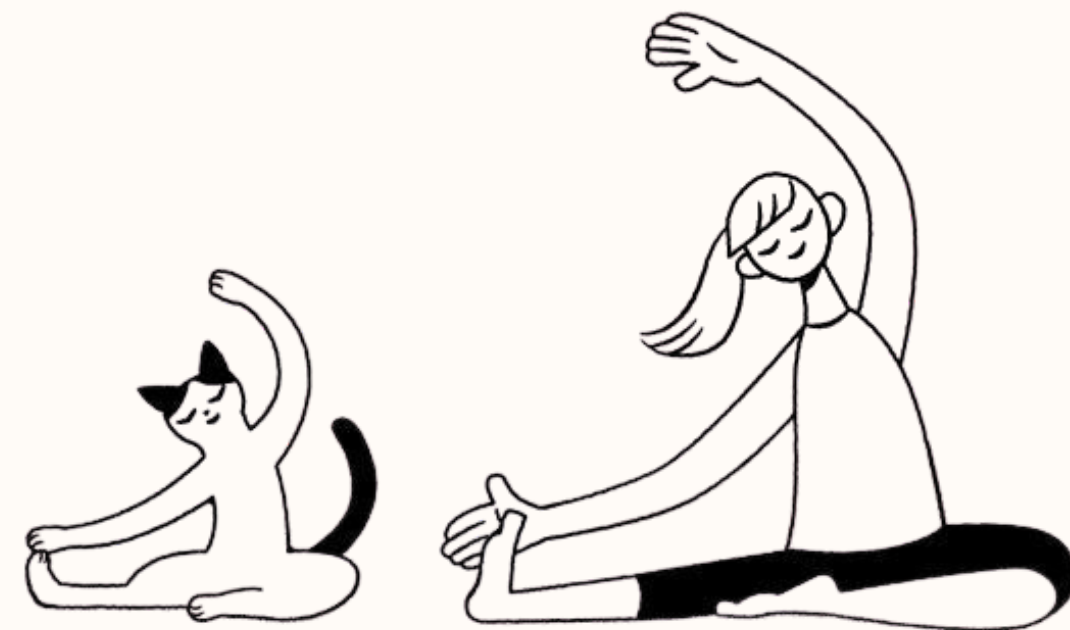
Who is it for – employees in high pressure environments and with multiple responsibilities.

What It Is – A practical yoga and meditation program designed to manage stress, prevent burnout, and enhance focus in demanding work environments.

What it will cover –

- Simple, repeatable practices to improve physical and mental well-being.
- How to audit and optimize your daily energy expenditure.
- Personal strategies to sustain high performance and resilience without compromising health.

Who It's For – Employees in high-pressure environments managing multiple responsibilities.



WORK LIFE INTEGRATION IN A HYBRID ERA

2020s have seen workplace change to include flexible hybrid work options for employees. Online work can also mean feeling hyperconnected to work and never fully logging off. The impact is feeling burnout and loneliness while working from home.

This program helps integrate work with life, it helps individuals make a system that works around their life. While work life balance focusses on compartmentalising, integration offers a more holistic approach.

Suitable for employees feeling disengaged from work at home, finding themselves in work from home culture.



CREATING A TRAUMA INFORMED WORKPLACE

Trauma is silent yet pervasive in our workplaces – we can never know what employees are going through. Certain professional environments can also trigger personal trauma.

Trauma informed workplaces create safe spaces by understanding the nature of trauma and its impact on our work. This program helps charter out steps to promote curiosity over judgement, foster safety and be strengths oriented.

By the end, leaders can map out safety in the workplace and promote personal resilience in employees.

Who is it for ? all employees to create dialogue on trauma.



COMPASSION FATIGUE AND SECONDARY TRAUMA

Compassion fatigue occurs when thoughts, feelings and behaviour are impacted by working in stressful environments and over empathising with clients or coworkers. Empathising to an extent that their trauma silently eats away your energy and leaves you feeling helpless.

This program is designed to lower the mental load for caregivers in order and create boundaries between work and self.

Who is it for – employees in helping or healing professions who are at risk for secondary trauma.

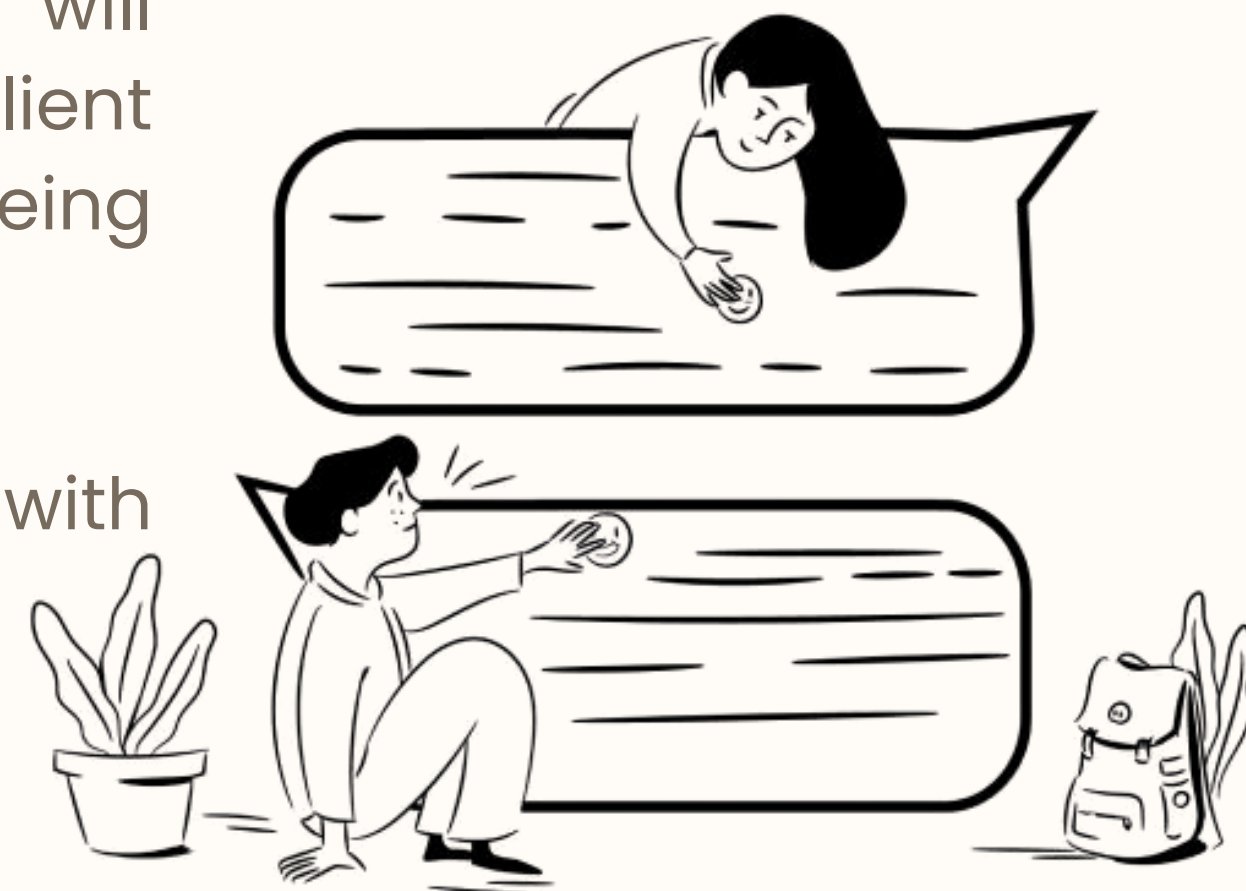


MENTAL HEALTH FIRST AID FOR LEADERS

Mental first aid provides leaders with key information on identifying vulnerable employees and learning how to support them. Fostering emotional intelligence in leaders promotes wellbeing and boosts productivity at workplaces.

Leaders will learn comprehensive signs and symptoms of mental stress and burnout. They will also charter out ways to create more resilient workplaces by making decisions that keep wellbeing at the centre.

Who is it for – decision makers and leaders with multiple responsibilities.





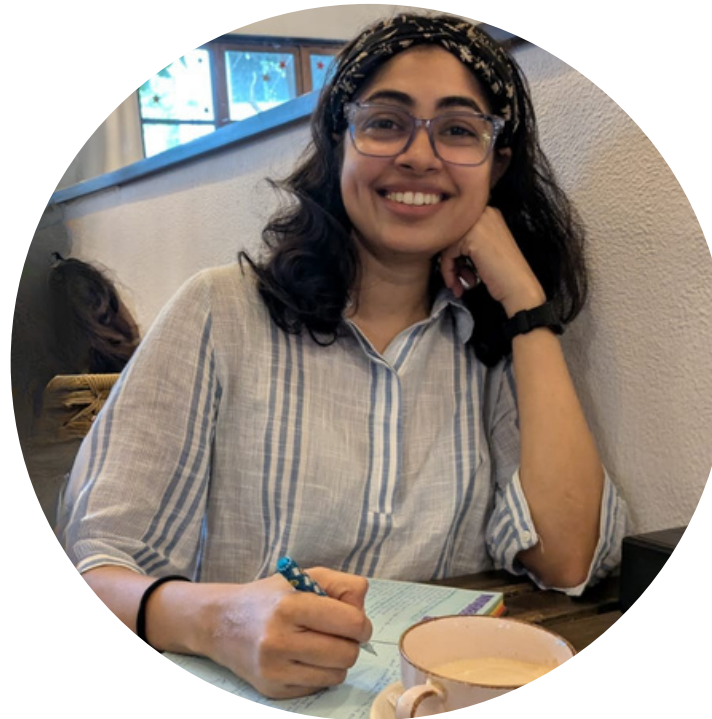
THE TEAM

NISHTHA



The psychotherapist founder brings her creative ability to break down everything into an actionable framework.

ANJU



Our lead program facilitator is also psychotherapist, psychoeducator who brings structure, in depth research and attention to detail. With her unshakeable optimism she brings resilience and hope to our program design and tools.

SHRINIDHI



Our in house yoga and meditation expert, bringing both practice and philosophy essential for healthy living. With a strong belief in accessibility, he reminds us to be flexible with our designs and not just the body.

AND... YOU the expert who know the best about what our audience needs

WHAT YOU INVEST

FINANCIAL :

For in-person programmes, we request to kindly arrange travel and accommodation for the facilitators. The fees below cover only the facilitation of the programme.

Duration	Online	in person
1 hr	INR 7,000onwards	N/A
3 hr	INR 15,000	INR 35,000
6 hr	INR 30,000	INR 65,000
2 day workshop	INR 60,000	INR 95,000
Fees for long term 30 hour programs with follow up spaces can be discussed mutually		

RESOURCES:

For in person programs, We request to arrange a venue, with a projector and screen for presentation; with some basic stationery for activities.

PROCESS :

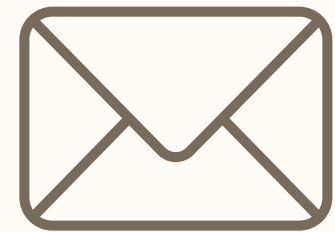
This is the most crucial investment. Our process (pg 4) involves a detailed and confidential need analysis. We need investment in making the process alive with as much integrity as possible.

CONTACT US



WHATSAPP:

9820069867



EMAIL:

nishtha@thehraav.life



WEBSITE:

www.thehraav.life

