



Building an Emotionally Healthy Corporate Family

About Trijog

Trijog is India's trusted organisation for mental health care and holistic wellness. Our range of counselling solutions look after servicing the emotional wellbeing and psychological needs of Individuals, Corporates and Educational Enterprises globally.

Our Vision

Trijog is focused on delivering meaningful, holistic, quality care offerings for your wellbeing.

Our Mission

To foster emotionally healthy, fulfilled and mature communities that promote free associative growth across various institutions.

Why Trijog?

Trijog provides a conduit globally to interconnect and expand the pool of healthy employees who are nurtured to grow, outgrow, be resilient and adapt with the changing economy through abundance mindset and foster organisational wellbeing.



Trijog's Corporate Family EAP Vision



Our philosophy for EAP service delivery model is:

- To allow users to get access to One-to-One assistance for wellbeing and development.
- To increase connectivity with better engagement through modern technology by reducing barriers to access.
- Identifying diversity based behavioural challenges and providing solutions.
- Flexibility and adaptability of our programme to provide your organisation bespoke services to meet your unique needs.
- Personalized case management with utmost quality care for simpler integration of benefits.
- Wide reach across the globe.

Six Pillars of Our EAP



1) Emotional Regulation:

- Low or Erratic Moods.
- Anger Management.



2) Work-Life Balance:

- Work Related Issues.
- Adjustment Issues.
- Relationship Management.



3) Development:

- Morale and Self-esteem.
- Interpersonal Communication Skills.
- Assertiveness.
- Self-Awareness.
- Identifying Strengths.
- Building Support Systems.



4) Bias Correction:

- Confirmation Bias.
- Availability Heuristic.
- Anchoring.
- Halo Effect.
- Sunk Cost Fallacy.
- Survivorship Bias.



5) Distressing Concerns:

- Anxiety and Depression.
- Stress Management.
- Mental Illnesses.



6) Trauma and Abuse:

- Alcohol & Substance Abuse.
- Emotional Abuse.
- Any other factor that causes Trauma.

Our EAP and Extended Offerings

Mental Health Counsel

Trijog's Mental Health Counsel Initiative includes:

(A) E-Counselling Services:

1. Standard One-To-One E-Counselling

(B) Corporate Wellness Webinars:

1. E-Wellness
2. Connection Circles
3. Breathwork Sessions
4. Mind Detox

(C) Learning & Organizational Development Trainings.

(D) Content Partners



E-Counselling Services

1 on 1 online counselling solutions provided through the standard e-counselling



E-Counselling Services

Standard E-Counselling

A **50 minutes per person Trijog App-based Counselling session (online counseling via call, video-calls, or chat)** that covers all areas of psychological concerns ranging from emotional dysregulation, family/ relationship/ work-related issues, anxiety, depression, low self-esteem, addiction, abuse & trauma, etc. We would begin by taking the case history of the client and will explore deeper into the client's thoughts, feelings, behavioural patterns and beliefs that surround them. The sessions will involve the individual to fill basic information in our Case History Form sent online along with the Disclaimer for confidentiality.

Every conversation is **100% confidential and personalized** to allow every individual to feel safe and healed.



How to Avail Standard Counselling ?

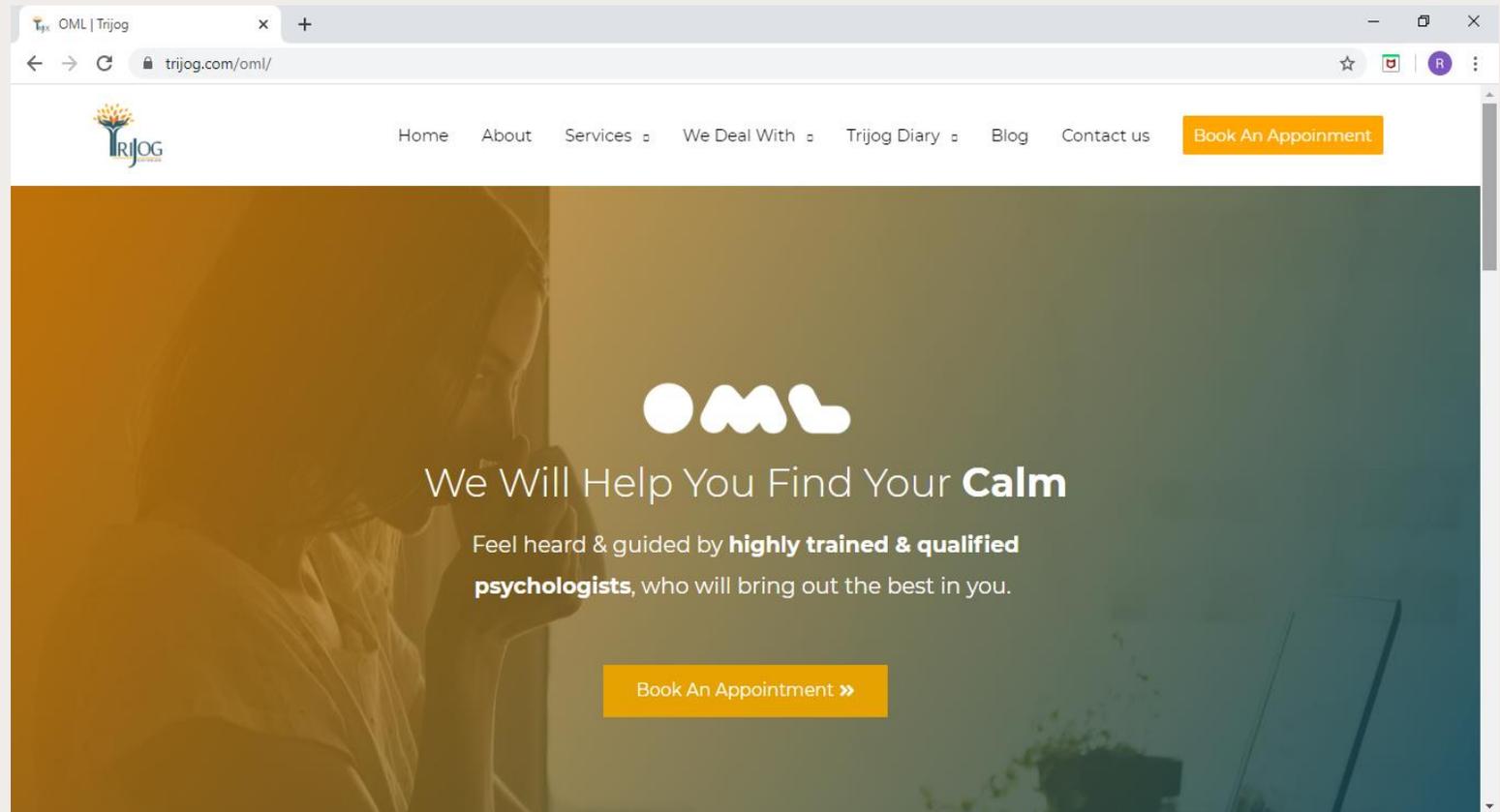
Employees / Staff can avail E-Counselling services through **Microsite Link** or a simple **WhatsApp Message**:

(A) Microsite:

You can log onto

www.Trijog.com/___/

& click the button
'Book An Appointment'
& enter the details
requested.



How to Avail Standard Counselling ?



(B) Call / WhatsApp:

Call / WhatsApp on **+91 98339 83406** and provide your Full name, Age & Company Name.

NOTE: In case you drop a WhatsApp message or website form, our representative will connect with you within 6 hours.

- On the call with our customer care executive, you will be asked for your desired date & time, type of therapy & an appointment will be booked for you on your behalf.
- Our Customer Care Executive will guide you through the further process once your appointment is booked.

E-Counselling Services Induction



A ***one hour induction program*** through an online interface, employees / staff will be sensitized towards therapy and feel more comfortable to open up and experience the process of counselling which by nature is stigmatized yet in Indian Economy.

The employees / staff will also be explained how to avail our E-Counselling Services with step-by-step usage guidance.

Corporate Wellness Webinars

Webinar solutions provided through the offerings:

- **E-Wellness Sessions**



- **Breathwork Sessions**



- **Connection Circles**



- **Mind Detox Session**



Corporate Wellness Webinars

Mental Health And Awareness



(A) Managing the Mind

An Interactive and experiential webinar on Identifying, Acknowledging and Accepting our thoughts, emotions, and behaviors whilst adapting to our new world and coping with our challenges amidst the change and adversity brought on by the pandemic.

- Understanding our emotions and feelings
- Tools to build our emotional immunity
- Strategies to uplift wellbeing
- Strategies to keep active and stay emotionally regulated
- Strategies to keep afloat, and deal with anxiety & stress.

Corporate Wellness Webinars

Mental Health And Awareness

(B) Building Emotional immunity

Through Self Care, Self Compassion, Empathy & Resilience

An Interactive and Experiential webinar on building one's Emotional Immunity, to ensure a healthier mind set and regulated emotions by understanding and implementing self-care, self compassion, Empathy and Resilience.

- Strategies to build physical, emotional, spiritual & social Self care
- Strategies on cultivating and displaying empathy for self and others
- Strategies to transform from criticism to compassion
- Strategies to build a resilient mind set.



Corporate Wellness Webinars

Connection Circles

Do You Feel Supported?

Connection Circles are a highly experiential process which is not academic in nature but encourages sharing of thoughts and emotions to empathize, bond and heal. Through this process we celebrate diversity of people and perspectives, while emphasizing the cultivation of Connection- within oneself and with one another. Because we all need help sometimes. To re-discovering your joy and system of internal and external support, you need a village. We are members of that village.



Call out, Share, Uncover, Own, Support



- A place where you are actively heard
- A place to play with possibilities
- A place to share challenges and receive support
- A place to discuss a personal action plan
- A place to make friendships and access support

Corporate Wellness Webinars

Breathwork Sessions

A series of guided meditation to help the breath regulate our emotions and boost our wellbeing quotient by bringing in calm and centring within us. Focussing on alleviating stress thus providing an overall sense of Relief and Relaxation

We cover topics like:

- A Breath of Calm : Progressive Muscle Relaxation
- Building Abundance and Resilience
- Overcoming Pain and Suffering



Corporate Wellness Webinars

Mind Detox Sessions

Movement and Creative Art based therapy sessions

A virtual immersive group experience that unlocks blocked emotional energy resulting in release of stress and anxiety through engaging participants in multisensory mediums of art such as Movement, Visual Art, Music & Guided Imagery

- Awareness
- Reflection
- Release
- Rejuvenation



Learning & Organizational Development Trainings



An Upskilling Training Program

A comprehensive practice-based training to equip people champions with the skill set they require for understanding and managing the employee mindset.

Aim of the session:

- 1) Awareness of mental health concerns in self and others.
- 2) Identification of triggers faced by employees and understanding the role of thoughts, feelings and behaviors contributing to the disturbances in order to effectively identify distress in employees.
- 3) Providing support strategies to handle the emotional, behavioral problems and disturbances of the employees.

Content Partners

Mental Health First Aid Handbook

Trijog aids you with developing certified & expert curated content surrounding Mental Health and Emotional Wellbeing tailor specific to your requirement.



Our Associations

eClerx



OmniActive
HEALTH TECHNOLOGIES

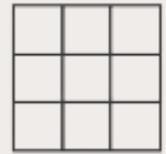


Unilever

wework



WhiteCrow Research
Discovering Talent, Transforming Recruitment



SOHO HOUSE

GSIS
Gopal Sharma
International School



EuroSchool
Discover Yourself

Abhay International School (AIS)
An Eco- Support School

‘Connect with us to access Wellbeing Solutions
with Optimum Quality Care’



+91 96194 11252 / +91 99202 39592

info@trijog.com / nida.siddiqui@trijog.com

www.trijog.com