



MY SAFE PLACE
Speak Out Seek Out

WELLBEING AT WORK

Innovative • Therapeutic • Engaging

- My Safe Place is a digital platform that offers a wide range of innovative wellness activities for employees.
- Employees are an organisation's biggest asset; investing in their wellbeing yields positive results.
- Our services bring about visible changes in the wellness fabric of an organisation and its culture, by motivating employees and increasing job satisfaction.



- My Safe Place offers something for everyone - for all levels of employees as well as their families.
- We help in promoting your company's brand as 'A Company that Cares'.
- We curate innovative and fun methods of therapy that employees are more open to engaging with, and not resistant to.
- Each event is customised as per the requirements of HR.



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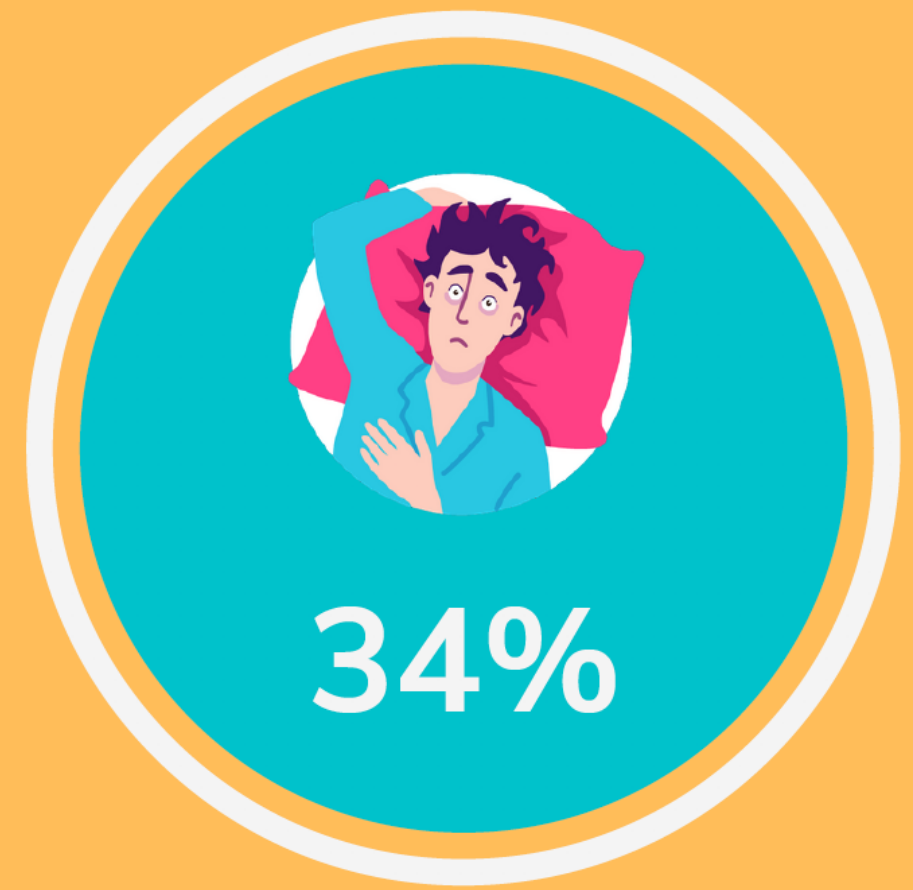
STATISTICS SPEAK



employees experience mental health issues due to work or report work as a related factor



employees reported that their behavioural and physical symptoms were due to work stress



employees reported difficulty sleeping

Source: Mind Share Partners, SAP, and Qualtrics

BENEFITS OF WELLNESS PLANS

FOR EMPLOYEES

Improvement in emotional wellbeing and physical health

Improvement in work morale, motivation and productivity

Improvement in work-life management and relationships

Reduction in stress and anxiety



FOR THE ORGANISATION

Reduction in absenteeism due to better mental and physical health

Positive outcomes due to increased productivity for the company

Higher retention of talent due to job satisfaction

A positive work environment and prevention of psychological burnout



MOTIVATIONAL WEBINARS

Informational and interactive webinars with experienced therapists can be completely customised for your audience, including the topic, format and goals. A few thematic suggestions include:

- Conquering the Challenges of COVID
- The Magic of Mindfulness
- Stress Management
- The Power of Positive Thinking
- Goal Setting and Visualisation
- Resilience Training
- Dealing with Toxic Relationships



STRESS BUSTERS



Workshops using creative therapies and holistic tools as an effective and engaging medium. The techniques taught in these interactive sessions can be used for stress and anxiety relief, increasing focus, relaxation and creative expression in daily life.

- Art Therapy - mandala art, zentangles, color therapy, pen art and much more!
- Laughter Yoga
- Music Therapy
- Meditation and Breathwork





1 ON 1 CONSULTATIONS

Private online consultations with experienced therapists, counsellors and holistic mentors who have significant clinical experience in handling an array of topics and issues.

These cost-effective sessions can be conducted confidentially via audio or video calls. Talking helps to untangle the knots within, enabling growth, healing and better personal and professional development of the individual.



WELLNESS CIRCLES



Participants meet on a weekly basis in small groups, learning and interacting with one another. Sessions are led by experienced professionals. Such thematic discussions make softer forms of therapy more engaging, affordable and provide shared learning and insight.

- Baaton Hi Baaton Mein - A Friendship and Wellness Circle
- Living Mindfully - A Comprehensive Course on Mindfulness



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WHAT OUR PARTICIPANTS SAY

"The counseling sessions have been great for me. I've noticed a great difference in myself while facing problems & handling issues. The therapist has meticulously handled all the issues. Earlier I wasn't confident about taking up counselling sessions but now that notion is broken. "

- An employee attending 1 on 1 consultations as part of her company's Wellness at Work program from MSP

"It was an immensely satisfying exercise for me, because I am not an art person. For an hour I simply let go and followed the instructor and was able to shut out all those thoughts that constantly keep us busy - about our schedules and to-do's was just concentrating on what was being taught. It was a wonderful mind-cleanse and also focus exercise. "

- A QA Analyst attending MSP's Art Therapy workshop

"The sessions on mindfulness conducted by My Safe Place were extremely effective in understanding the finer nuances of being mindful, whether it was in daily chores, professional responsibility or emotional understanding. It's taught me the fine transition from being reactive to be being responsive. A wholesome four sessions that fine-tuned the body and mind."

- A senior manager, attending MSP's Mindfulness workshop

