



QUERENCIA PSYCHOLOGY

# EMPLOYEE WELLNESS PROGRAM





# ABOUT US

**Querencia Psychology LLP** works in mental health and human development. With a team of experienced psychologists & trained professionals, we are committed to helping people increase stability & productivity, reduce stress, and improve the overall quality of their life. We are passionate about work-life balance and creating healthier workplaces. We specialize in helping organizations provide more stability for their workforce.

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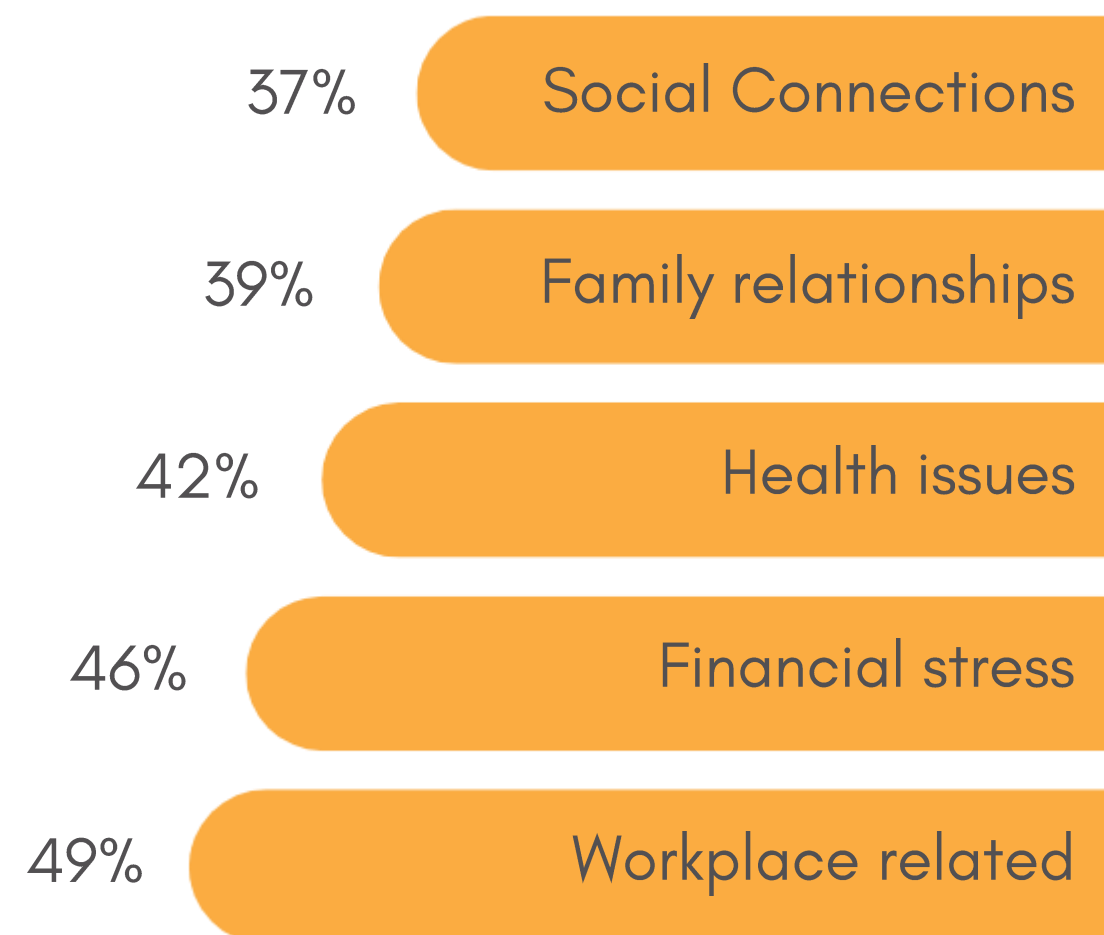
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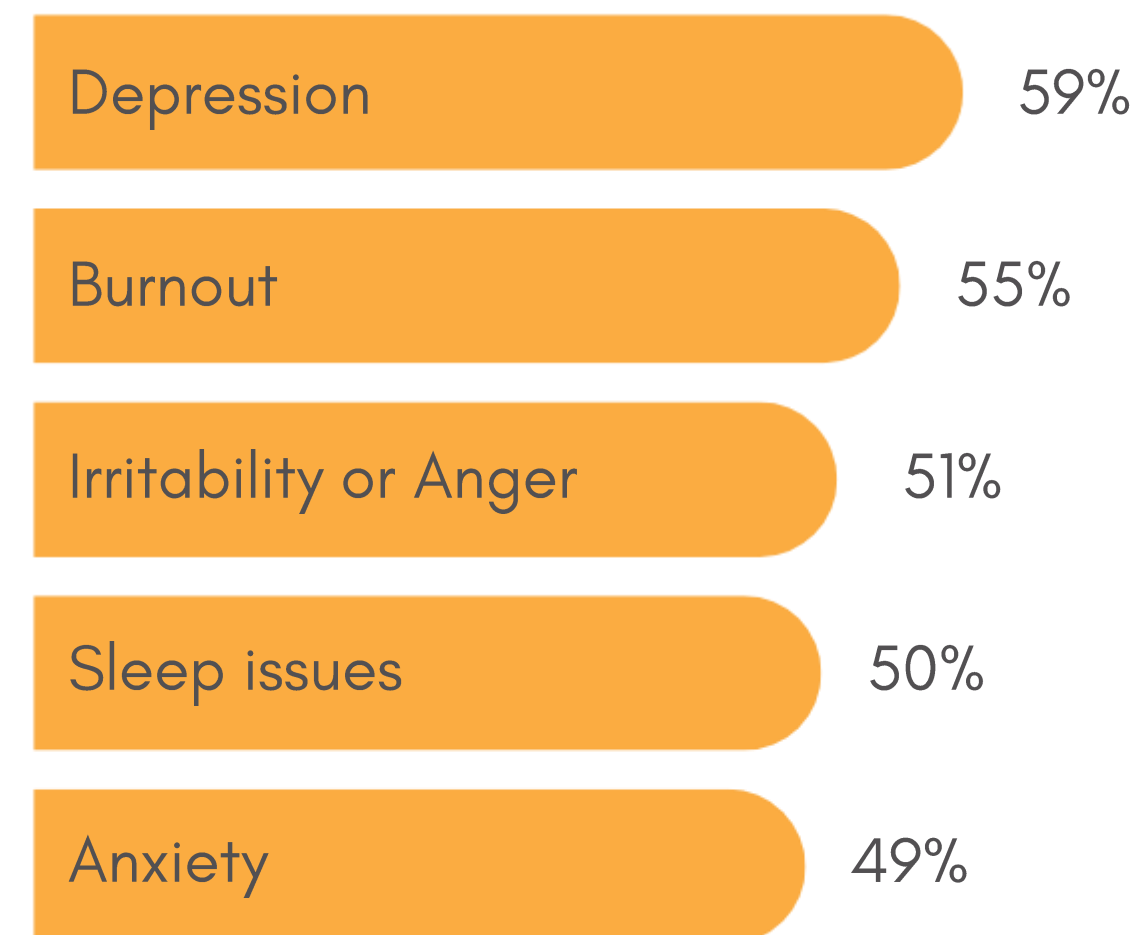
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# WHAT THE DATA SAYS

## Top 5 sources of stress in white collared employees



## Commonly cited mental health symptoms in employees



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## WHY DO YOU NEED AN **EWP?**

The changing landscape of the corporate world comes with its unique set of challenges and stresses. Having a workforce prepared for the same and providing opportunities for growth have far-reaching effects. EWPs can be a valuable resource for employees & employers alike, helping to improve well-being, reduce costs, increase productivity, & create a supportive & inclusive workplace.

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# HOW IT WILL HELP

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## Employee Wellness Programs have multi-fold benefits.

- Improved employee well-being
- Reduced healthcare costs
- Better Employee Retention
- Enhanced Corporate image
- Upskilled workforce
- Increased Productivity
- Reduced Absenteeism
- Improving communication and building cohesiveness
- Improved Workplace culture
- Better work-life balance
- Personal support

# PROGRAM STRUCTURE

## PRODUCTIVE. PEACEFUL. POWERFUL.

Our EWP is a highly need-based and client-centric program. It is tailor-made to suit the needs of each organization and is designed in collaboration with the in-house wellbeing or HR team.



## KEY SERVICES

- Awareness sessions
- Wellbeing Assessment
- Therapy Support
- Workshops & Onsite Activities
- POSH
- Diversity & Inclusion
- Emotional Intelligence & Mindfulness

## ADD ON SERVICES

- **Breathe Free:** Smoking Cessation program
- **Executive Excellence Program**
- **PerFit:** Human Resource Support
- **Parenting Pathways:** Parenting support program

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# OUR PLANS

01

## STARTER

This plan lets you create a program that focuses on unlimited therapy sessions along with psychiatric support.

02

## STANDARD

In addition to the starter plan, this plan also provides wellbeing assessment, weekly forums and weekly knowledge sessions.

03

## PRO

The pro plan goes beyond the starter and the standard to also provide D&I initiatives webinars and onsite workshops and activities.

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# THANK YOU!



## QUERENCIA PSYCHOLOGY LLP



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