

LET'S TRANSFORM WELLNESS AT WORK

INSPIRON



PSYCHOLOGICAL WELL-BEING CENTRE

POSITIVITY. HAPPINESS. PSYCHOLOGY.

OUR MISSION

Every aspect of life has changed. Except mental health. Until now.

Over the last five decades, as we have marched towards a world filled and driven by technology, every facet of life has changed, from commerce to communication, from entertainment to health. Physical health.

We at Inspiron are on a mission to change the way we deal with mental health. Working with a diverse group of professionals, we believe we can help you build resilience and strength in every aspect of life. Professional and personal.

WELL-BEING TRANSFORMATION

When businesses talk about transformation, it is generally about either technology or business processes. It is time to introduce a third component to the mix. The emotional wellbeing of the people who have to deal with the transformation.

Change is constant, complicated, and often unpredictable. When it is managed well, it can lead to something amazing. But often it comes at a personal cost to the people who are engaged in it. Let us work with you to give your team the psychological tools and support they need to successfully navigate these challenging times.

DID YOU KNOW?

\$1 trillion

That is the **impact** of Anxiety and Depression on the **Indian economy** alone.¹

DID YOU KNOW?

For every **1 dollar** put into the treatment for common mental health conditions, the **return is 4 dollars** in improved health and productivity.²

References:

1. <https://economictimes.indiatimes.com/magazines/panache/mental-health-may-hurt-india-to-tune-of-1-03-trillion-heres-a-dose-for-cos/articleshow/71045027.cms>
2. <https://www.who.int/news-room/detail/13-04-2016-investing-in-treatment-for-depression-and-anxiety-leads-to-fourfold-return>
+ [https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(16\)30024-4/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(16)30024-4/fulltext)

IT IS A 'PERSONAL' PROBLEM

Although most companies have in-house counselors or even a psychological helpline available 24/7, research shows that employees prefer to go to an independent therapist or wellness center because of five main reasons.

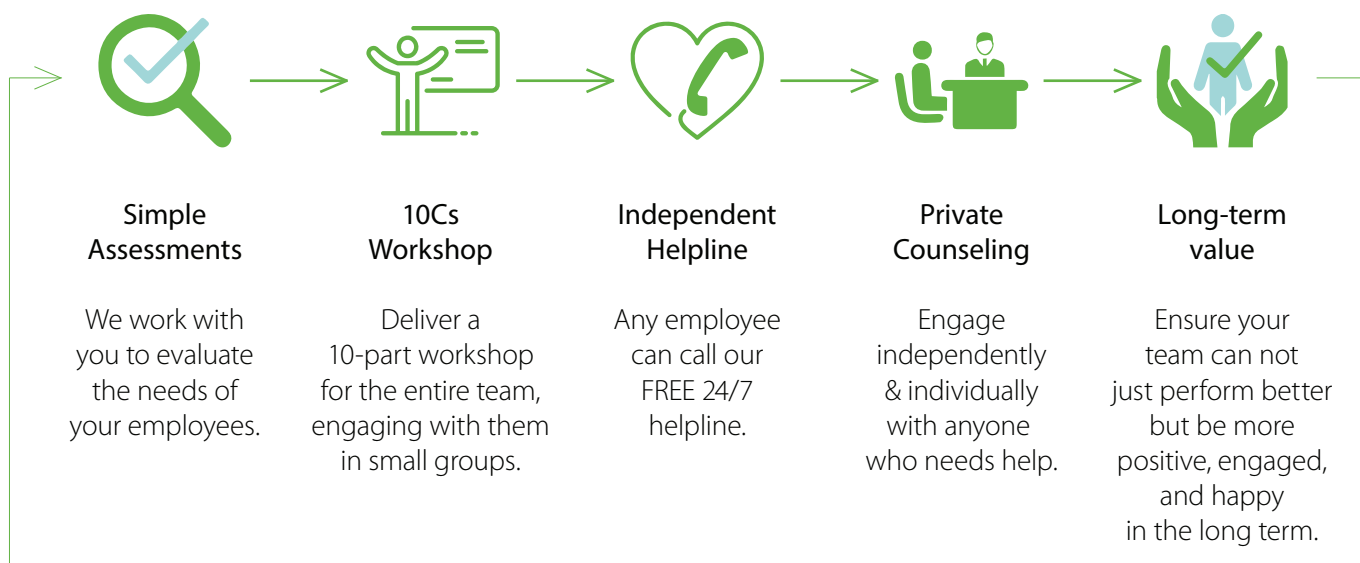
They feel that...

- 1 They don't want to open up to someone their colleagues might also reach out to
- 2 They don't trust a counselor who is paid for by the employer
- 3 They don't want colleagues to find out / know that they are seeking help
- 4 It is a 'personal' problem and needs a 'personal' solution
- 5 They can discuss only professional issues with an office counselor, but with a 'personal' counselor, can discuss personal issues too

Note: We have engaged with more than 350 corporate employees per counselor over the last 18 months in Bengaluru alone (even though these employees had access to in-house counselors at their workplace, they prefer to consult with independent counselors)

THE INSPIRON SOLUTION

With a deep understanding of why and how people seek psychological help, our solution is designed to address each person's 'personal' needs. It works like this:



More affordable compared to in-house solution



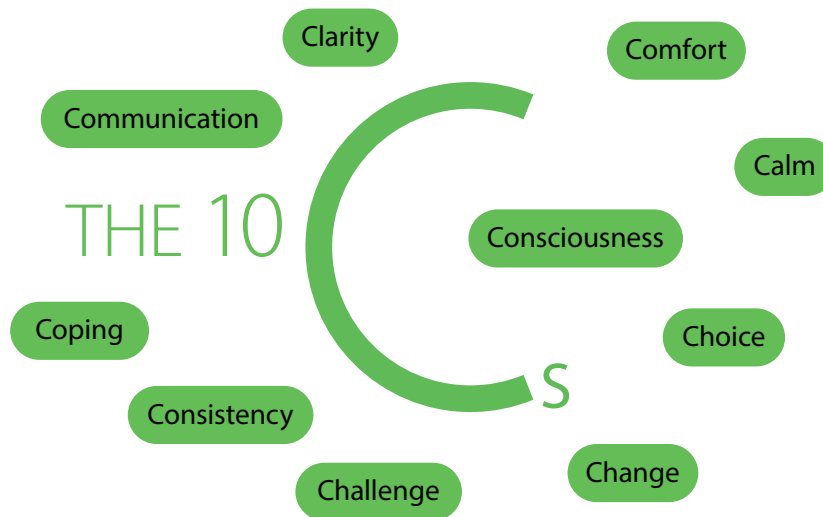
Confidential, 'feels more personal' for each person.



Comprehensive long-term engagement

THE 10Cs – OUR APPROACH

Our positivity-led approach to psychology is driven by 10 factors that cover every aspect of resilience and well-being. They are:



ESSENTIAL SKILLS WORKSHOP FOR THE DIGITAL WORKPLACE

We offer fully customised workshops that address the entire range of challenges that teams face at the workplace.



Personal productivity



Leadership and the art of influence



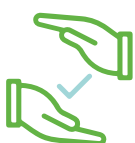
Managing people



Effective communication



Conflict management



Work ethic



Self assessment



Emotional hygiene



Loyalty and retention



Life-skills coaching

CONTINUING SUPPORT AS YOUR POSITIVITY PARTNER

We understand that just a few sessions do not create psychological well-being. It is a continuous process. Towards that end, we will continue to work with you to bring positivity and happiness to every aspect of work for you and your team.



24/7
Helpline



Priority
appointments



Long-term
engagement

ESSENTIAL PARTNERSHIP

Our workshop on essential skills + the continuing positivity partnership costs less than 10% of 3 regular therapy sessions per employee!

For detailed information and pricing
please get in touch with:

Priyanka M B
co-founder & director



priyanka@inspirononline.com



+91 78996 60433

Mahan Poovaiah B R
director



mahan@inspirononline.com



+91 94820 72218







LET'S BUILD A POSITIVE WORLD

Transforming the world is not just about changing the world of work. Positivity and psychological well-being is a necessity for everyone, in every facet of life.



That is why we work with adults and children, professionals and home-makers, leaders and teachers, students and silvers, and everybody else too.

We offer a wide range of individual solutions and customised services, including:

For individuals

-  Art, dance, & music therapy
-  Positivity & happiness workshops
-  Psychotherapy & counseling (for adults)
-  Psychiatric treatment
-  Developmental assessment & therapy for children
-  Parenting guidance for children with special needs

For institutions

-  Comprehensive support services for schools and colleges
 - Comprehensive emotional well-being assessment for students
 - Support for teachers to identify and address the needs of students
 - Support for counselors to engage better with parents and students
-  Corporate services to transform emotional well-being at work
 - Assessments to understand the needs of teams and individuals
 - Workshops to boost positivity & happiness
 - Individual counseling to help employees find meaning & purpose
 - Support for leaders to navigate and lead in an uncertain world

To know more about our work with individuals, follow us on social media.



facebook.com/inspirononline



instagram.com/inspirononline

To know more about our services for institutions,
call or email our director, Mahan Poovaiah B R:



mahan@inspirononline.com



+91 94820 72218

WE ARE INSPIRON



Priyanka M B
Clinical psychologist
Co-founder



Mahan Poovaiah B R
Director



Dr Jagadish
Psychiatrist



Sindhu Vasanth
Organisational
Psychologist



Disha Dutt
Art Therapist



Anikha S J
Clinical psychologist

...and many others who work with us and support us.

RECOGNITION AND NETWORKS



Best Healthcare startup

Recognized by Elets Technologies in
partnership with Ayushman Bharath
(Government of India)



Innovation in Healthcare

TOP 3000 startups in India
Recognised by IIM Calcutta



One of the top 10
startups in Bangalore



National Health Mission
Govt. of India
Govt. of Karnataka



NIMHANS



Live Love Laugh
Foundation



info@inspirononline.com



+91 9845676442