

A person wearing a light blue jacket and a black beanie is sitting on a dark, jagged rock. They are seen from behind, with their right arm raised in a fist towards a vibrant sunset sky. The sky is filled with soft, pink and orange clouds, and the sun is visible on the right side, creating a warm, golden glow. The overall mood is one of triumph and hope.

MIND HEALS

Simple warm chats giving you a Mind Healing experience

ABOUT MIND HEALS

Mind Heals is a well-recognized private organization in Sri Lanka oriented towards social services, with the primary objective of providing mental health services to individuals.

We are Sri Lanka's first online counselling platform determined in providing effective counselling services through instant-messaging, voice calls, and video calls (Zoom or otherwise) from the convenience of one's own home.

We are governed by a panel of 13 experts and professionals in mental health who can provide various psychotherapeutic services to help individuals overcome adverse emotional/psychological/ mental health conditions. They have over 10 decades of hands-on experience in supporting people who needed help with different challenges in life, whether it is about treating anxiety, a serious mental health problem, or a household matter that disturbs your way of life. They aim to identify the unique potentials of individuals and help them improve their quality of life to build a better community.

Further, we offer various value-added services to corporates, such as customized reports from our specialized psychologists maintaining anonymity of employees, receiving resources such as blog articles, podcasts and videos that will provide individuals with tips to consistently train your mind along with customized webinars/seminars on selected topics relevant to each company all around the topic of mental wellbeing. Further, we deliver personalized Psychological Assessments and Group Therapy Programs to corporates as additional services.

Mind Heals includes a team of very supportive and friendly staff members who will guide your employees every step of the way throughout their whole process of psychological healing, from finding the best counsellor and being responsive in any problem. Until the end of your journey at Mind Heals, the team will be with you always, while completely adhering to ethical guidelines and principles of counselling to ensure a highly secure and trustworthy environment when supporting you.

PROGRAMS PORTFOLIO

Program Number	Program 01
Name of the Program	You are not okay, I am not okay, but it is okay An ice breaker to create a positive attraction towards mental health & its importance.
Medium of Delivery	English/ Sinhala/ Bilingual
Duration	02 Hours/ 04 Hours (half day)/ 06 Hours (Full day)
What is the objective?	The program is aimed to provide the audience a good understanding about mental health, human psychology, its importance and how it works. The program will commit to familiarize the listeners on how good mental health practices can support their personal and professional lives, and moreover encourage them reap the benefits through effective management of emotions.
What will you learn?	This program will help participants: <ul style="list-style-type: none"> ➤ Learn about mental health and the science of our emotions. ➤ Understand the importance of mental health. ➤ Break the general myths/ misconceptions about mental health. ➤ Analyze why we are going through what we are going through. ➤ Conceptualize how our mind and thoughts patterns work. ➤ Learn psychological tips on managing emotions and our mindset effectively. ➤ Questions and answers Session.

Program Number	Program 02
Name of the Program	Mental wellbeing for personal and professional growth Explore how mental health practices can support personal and professional growth.
Medium of Delivery	English/ Sinhala/ Bilingual
Duration	02 Hours/ 04 Hours (half day)/ 06 Hours (Full day)
What is the objective?	<p>Building a mentally resilient mindset enables us to face difficulties/ life challenges head-on instead of falling into despair. Resilience is often defined as the mental reservoir of strength that helps people handle stress and hardship.</p> <p>Resilient people are able to draw upon this strength to cope and recover from challenges. That's true even when they face significant traumas, such as job loss, financial problems, serious illness, relationship challenges, or the death of a loved one.</p> <p>This program intends to provide an overview about formulating correct thought patterns, managing emotions and adapting right mentality to various day to day activities to yield positive outcomes in both personal and professional life.</p>
What will you learn?	<p>This program will help participants:</p> <ul style="list-style-type: none"> ➤ Build up the right kind of personality to maintain a balance between personal and professional lives. ➤ Know your peaks and thoughts in uncertain times. ➤ Understand the Importance of "Me" time. ➤ Do's and don'ts in work- life Balancing. ➤ Role of mental health in personal & professional development. ➤ Build a resilient mindset. ➤ How to build a mental health agent for yourself.














Program Number	Program 03
Name of the Program	Ignite your Emotional Intelligence A psychological assessment program for development and practice of emotional intelligence
Medium of Delivery	English/ Sinhala/ Bilingual
Duration	02 Hours/ 04 Hours (half day)/ 06 Hours (Full day)
What is the objective?	This program educates the participants on the importance of emotional intelligence and create an attraction towards being emotional intelligent individuals through self-awareness, self-management, motivation techniques, empathy and relationship management. It will encourage practical application of emotional intelligence in workplace context. The 02 Hour program does not contain the assessment. Only half day or full day program contains the assessment.
What will you learn?	This program will help participants: <ul style="list-style-type: none"> ➤ Understand emotional intelligence ➤ Learn the science behind emotional intelligence ➤ Learn the principle of Self-awareness ➤ Learn the principle of Self-Management ➤ Learn the principle of Motivation. ➤ Learn the principle of Empathy. ➤ Learn the principle of Relationship Management ➤ Application of Emotional Intelligence to workplace context ➤ Build confidence as a professional

Program Number	Program 04
Name of the Program	Managing stress at workplace Explore the science behind stress and demonstrate effectively management of stress.
Medium of Delivery	English/ Sinhala/ Bilingual
Duration	02 hours/ 04 Hours (half day)/ 06 Hours (Full day)
What is the objective?	There is an increasing trend towards people experiencing stress, overwork and inefficient work balance. This program is designed to provide the audience a strong understanding on stress management, supporting them toward building resilient and health caring work routines. The audience will learn tips on how certain behavioral changes can lead to boosting productivity and benefit overall mental well-being.
What will you learn?	This programme will help participants: <ul style="list-style-type: none"> ➤ Understand the basic principles of stress management ➤ Recognize your stress triggers and how to manage them ➤ Develop proactive responses to stressful situations ➤ Use coping tips for managing stress both on and off the job ➤ Learn to manage stress through diet, sleep, and other lifestyle factors ➤ Develop a long-term action plan to minimize and better manage stress

Program Number	Program 05
Name of the Program	Tree of life therapeutic intervention An art-based self-reflection program for hopefulness, motivation and inspiration.
Medium of Delivery	English/ Sinhala/ Bilingual
Duration	02 hours/ 04 Hours (half day)/ 06 Hours (Full day)
What is the objective?	This program takes more of a practical approach where the participants will be guided towards exploring their personal mental health, identifying self through an activity-based program, and find a clear direction towards life goals. Here we recall our past, explore the futuristic goals and cultivate an effective game plan to map the journey towards the goals.
What will you learn?	This programme will help participants – <ul style="list-style-type: none"> ➤ Explore the inner self and find hopefulness and inspiration ➤ Engage in an art-based reflection activity – Tree of life ➤ Receive a third-party perspective about own self (Activity) ➤ Build self-awareness, self-management and motivation

Program Number	Program 06
Name of the Program	Effective Relationship Management in the new normal. A workshop on relationships, parenting, emotion management, and self-discipline.
Medium of Delivery	English/ Sinhala/ Bilingual
Duration	02 hours/ 04 Hours (half day)/ 06 Hours (Full day)
What is the objective?	This program is designed to educate the participants about effective relationship management. This speaks about both personal and corporate relationships. Learning relationship management helps develop public relation skills, communication skills, empathy, respect and hopefulness and many more. This program covers parenting and team work as well.
What will you learn?	This program will help participants: <ul style="list-style-type: none"> ➤ The psychology behind relationships at work and at home. ➤ Tips for managing anxiety fear and uncertainty in the household ➤ Dealing with social distancing, isolation, and other grievances. ➤ Effective working from home whilst maintaining good family relationships ➤ The new styles of parenting in the new normal. ➤ Enhancing children's discipline and self-esteem.

OUR CORPORATE CLIENTS

Amana Bank		Nations Trust Bank	
Ascentic Pvt Ltd		Orient Finance Ltd	
Dialog Axiata PLC		Preebees Pre School	
Hayleys Advantis PLC		Rainco Pvt Ltd	
Innodata Private Limited		Spill Softwares Pvt Ltd	
Int'l Labour Organisation		Stafford School - Doha	
ISM APAC Private Limited		Tear Drop Hotels	
Janashakthi Insurance PLC		UTE Pvt Ltd	
Mast Far East Ltd		99x Services Ltd	
Lanka Clear Pvt Ltd		Wapco Pvt Ltd	
MAS Bodyline		Xigenix (Pvt) Ltd	

OUR FEE STRUCTURE

Duration	Online	Physical
2 hours	30,000.00	40,000.00
3 hours	45,000.00	65,000.00
4 hours	60,000.00	85,000.00
6 hours	85,000.00	110,000.00

If you are interested in corporate workshop programs and wish to proceed with making a reservation, please kindly send us an email to info@mindheals.org with the following details.

1. Name of the corporate/ association/ group:
2. Contact Person's Name:
3. Contact Person's Designation:
4. Program name and duration:
5. Number of Participants (Recommended a maximum of 50 employees):
6. Preferred Dates and Time slots:
7. Special preferences regarding the facilitator:

If you wish to discuss the program's content in brief with the workshop facilitator over a meeting, please feel free to request.