

# Corporate Wellness Workshops

*by Counseling with Riya*

Innovative, interactive, and impactful workshops designed to help employees thrive—personally and professionally.

## 1. Balance Blueprint: Work–Life Harmony

Duration: 90 minutes

Ideal Group Size: 10–25 participants

Mode: Virtual & In-person

Covers: Time management strategies, prioritization techniques, digital boundaries, quick recharge hacks, and tools for sustainable balance.

Outcome: Participants learn practical ways to balance deadlines with downtime, boosting productivity while protecting personal well-being.

## 2. Stress to Strength: From Pressure to Resilience

Duration: 90 minutes

Ideal Group Size: 10–25 participants

Mode: Virtual & In-person

Covers: Stress awareness, mindfulness meditation, resilience toolkit, relaxation practices.

Outcome: Participants leave with practical tools to manage stress and maintain balance.

## 3. Cool Down, Power Up: Managing Anger & Recharging Energy (Experiential)

Duration: 90 minutes

Ideal Group Size: 8–20 participants

Mode: In-person preferred (adaptable online)

Covers: Understanding anger, safe release techniques, body-based practices, mindful breathing.

Outcome: Transform anger into productive energy and develop healthier responses.

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Transforming Wellness, One Workshop at a Time.

#### **4. Pause to Lead: Mindful Leadership in Action**

Duration: 60–75 minutes

Ideal Group Size: 8–25 participants

Mode: Virtual & In-person

Covers: Mindful leadership, decision-making under pressure, mindful listening, meditation.

Outcome: More grounded leaders, sharper focus, calmer workplace culture.

#### **5. The Empathy Lab: Understand, Connect, Collaborate (Interactive)**

Duration: 90 minutes

Ideal Group Size: 10–30 participants

Mode: In-person strongly recommended; online possible with breakout rooms      Covers:

Role-reversal activities, active listening exercises, guided reflections.      Outcome:

Stronger bonds, improved trust, deeper workplace understanding.

#### **6. Recharge, Don't Burn Out: Boundaries for Resilience**

Duration: 90 minutes

Ideal Group Size: 10–25 participants

Mode: Virtual & In-person

Covers: Recognizing burnout signs, boundary-setting, body scan meditation.

Outcome: Participants learn to protect their energy and prevent burnout.

#### **7. Play to Innovate: Creativity Through Play (Interactive)**

Duration: 75–90 minutes

Ideal Group Size: 8–20 participants

Mode: In-person strongly preferred

Covers: Creative problem-solving through improv games, playful exercises, mindful reflection.

Outcome: Boost innovation, unlock creativity, and recharge team spirit.

## **Why Choose Counseling with Riya?**

- US-trained Counselling Psychologist with Bachelor's + Master's in Psychology
  - Global expertise, adapted for the Indian workplace
- Workshops designed to be engaging, practical, and science-backed
- Can be conducted offline or online, tailored to your organization's needs

**Get in touch for pricing & bookings: [support@counselingwithriya.com](mailto:support@counselingwithriya.com) | +91 99994 65910**

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