

We Empower
You
In Overcoming
Distress



Visit us at
[www.
executivecounseling.in](http://www.executivecounseling.in)

Connect with Us



EMOTIONAL FIRST AID CLINIC FOR THE CORPORATE SECTOR

EMOTIONAL FIRST AID CLINIC for Mental health in the Corporate sector:

- ❑ Employee health in the emotional domain has ramification which are much more intangible and with huge impact on progress, productivity and profit.
- ❑ Leaders require objectivity, support and counsel and managers need skill, support and clarity in handling mental health issues at work place.
- ❑ Psychological risk assessment and framework for managing employee mental health have become part of occupational health and safety standards.
- ❑ How can employers define a “psychologically injurious behaviour” within an Organisational frame work.
- ❑ Are your employees emotionally disturbed affecting their motivation, productivity and mental health?

Is your organisation concerned with these questions, then your organisation need a
EMOTIONAL FIRST AID CLINIC

An emotional first aid clinic is a dynamic counseling and training initiative from executive counseling addressing mental health issues of employees.

FOUR STEP COUNSELING

1

Psychodynamic
analysis of
employee health.

2

Identifying employees
in the stress –anxiety-
depression cycle.

3

Mental health
sensitization
workshop.

4

One to One
Counseling

Step 1 and 2 will be done through psychometric tests and step 3 will be a half day workshop on sensitizing the employee on issues concerning their distress. Step 4 will be based on the distressed situation lasting to about 3-5 sessions of 50 minutes each. The module will be tailor made to the three levels of management (senior, middle and junior management)

For detailed presentation please write to executivecounseling.social@gmail.com

We Can Help Your Team

Break Free

From
STRESS – ANXIETY –
DEPRESSION
CYCLE

Feeling Miserable at Work? Well, You aren't the only one

7 in 10 India Inc. employees are unhappy at work, shows a TimesJobs survey. Stress levels seem to be high in India compared to other countries, both developed and emerging. Growing uncertainty in jobs in a highly disruptive environment as well as increasing anxiety in personal lives are major reasons of high stress levels.

Employers face the challenge of fighting mental illness of their staffs, which has a direct impact on productivity.



WHAT WE OFFER:

Executive Counseling offer counseling to CEOs, Top Management Professionals, Executives and Students on work, academic and personal related issues. Counseling includes stress management, corporate relationship management, employee–employer relationships, emotional intelligence and other corporate life skill development programs. We are also specialized in offering Organizational Behavior related training programs on leadership performance, motivation, and mental health issues at work.

ABOUT THE COUNSELOR



RAJESH MENON
Executive counselor
& Trainer

Rajesh Menon is an Engineer –MBA with an MS in Counselling and Physiotherapy with nearly 25 years of corporate experience in Business development, Project Management Strategy and Program management and has worked in best in class organisations from the corporate sector in the Infrastructure domain.

In this extensive career he realised that what matters in leadership is an ability to manage people and hence he believes that CEOs should be renamed as “Chief Emotional officers”. As a hangover of the Industrial revolution CEOs have been traditionally managing business as part of a larger resource management power, where people come only as a subset. However an emotionally healthy employee can create wonders by thinking creatively by putting in his “heart to work” if his emotional energies are ignited by a leader.

Unfortunately due to the lack of such a leadership, corporates are adding stress and strain into the system affecting the mental health of their employees which has ramification in cost and efficiencies. While corporate therapy workshops by clinician consultants are well developed in the western world, such a practice is deficient in the Indian context where mental health issues are looked upon negatively. In such a scenario management consultants trained in mental health issues can play a positive role in sensitisation, counseling, and training programs to employees. With this intent Rajesh started executive counselling which is an initiative providing training and counselling to employees in the corporate and organised sectors.

To know more about him you can visit www.executivecounseling.in and subscribe to his Youtube channels.