

MENTAL HEALTH: A PRIORITY



**CATALYSTS**

Doing brilliant things...Simply!



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*A successful catalyst has the ability to spark significant and sustainable changes, inspire possibilities and accelerate results.*

**Vishwas Chavan**

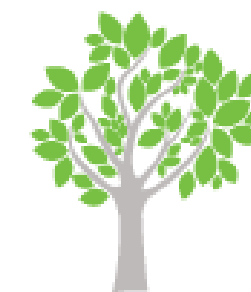
**Vishwasutras: Universal Principles for Living:  
Inspired by Real life experiences**



**CATALYSTS**  
Doing brilliant things...Simply!



# Our Clients





# MS. SARASWATHI A.

Founder Partner

Consultant Psychologist

Corporate mental health experience  
spanning 22 years

Skilled in mental health assessments



# DR. WILONA A.

Founder Partner

Consultant Psychiatrist

10 years of mental health experience

Skilled clinician







# Training

## **BOUNCE**

Effective strategies to bounce back after challenges.

## **THE FOCUS FACTOR**

Techniques to enhance focus and improve work outcomes.

## **GAMES PEOPLE PLAY**

An entirely role play based module on the psychology of interpersonal relationships: both social & professional.





# Training

## POWERING THROUGH PROCRASTINATION

Understand how to prioritise goals and responsibilities to optimise work efficiency.

## TAMING THE TEMPER

Harnessing the potential of your anger to manage people & situations effectively.

## EQUILIBRIUM

Managing to find the balance between work and everything else in our lives.





## THE STRENGTH OF SELF-CARE

Learn how to take care of yourself and everything you put yourself into.

## SLEEP AND STRESS

Learn evidence based approaches to developing a consistent schedule that ensures you sleep your way to a healthy and productive life

## IT'S OKAY TO GRIEVE

Understanding how to cope with loss and channeling your grief in a healthy way.

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# Training





# Training

## COMMUNICATION CONFUSION

Fun and quirky take on communication challenges will leave your team feeling energised and confident.

## EXPLORING EMOTIONS

Develop the ability to sense, understand and effectively apply emotions to generate energy for change.

## THE TOGETHER TEAM

Collaborate with us to catalyse your team; enabling individuals to optimise their independent work towards the organisational end goal.





## STRESS AND CREATIVITY

Rewire your mind to work creatively under the pressures and demands that come with each new day.

## THE MIND ON WORK-FROM-HOME

Understand the nuances of the 'new normal' and elevate your work efficiency.

## GOOD PARENTING

You're a good parent, no doubt. We are here to help you be better!

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# Training





# Training

## MAGIC OF THE MIND

Beginning from scratch, enter the world of the human CPU- The Mind. Understand how it effects every part of your life and how you can take care of it.

## THE BIG 'B'

Enhance your everyday relationships by understanding how to set boundaries when needed.

## MIND-AID

A strategic and eclectic approach towards your organizational well-being; a combination of group trainings and individual counselling.



# HELPING MANAGE STRESS & ANXIETY DUE TO COVID19

Onsite Training: Pune





# Assessments

Only Industry Gold-Standard



Personality



Leadership



Critical Reasoning



Differential Aptitude







# Why work with us?

## QUALIFIED & EXPERIENCED PROFESSIONALS

We are active clinical practitioners

## PASSIONATE ABOUT MENTAL HEALTH

We believe in actually walking the talk

## SIMPLE, PRACTICAL, REAL MENTAL HEALTH SUPPORT

We offer post intervention support too





## EMAIL

[admin@catalyststhane.com](mailto:admin@catalyststhane.com)



## WEBSITE

[www.catalyststhane.com](http://www.catalyststhane.com)



## PHONE

+91-809-716-7828



**CONNECT**





# Catalysts

Your partner for  
Mental Wellness

Let's collaborate!

