



# OASIS PROGRAMS

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BY PSYCHOFLAKES

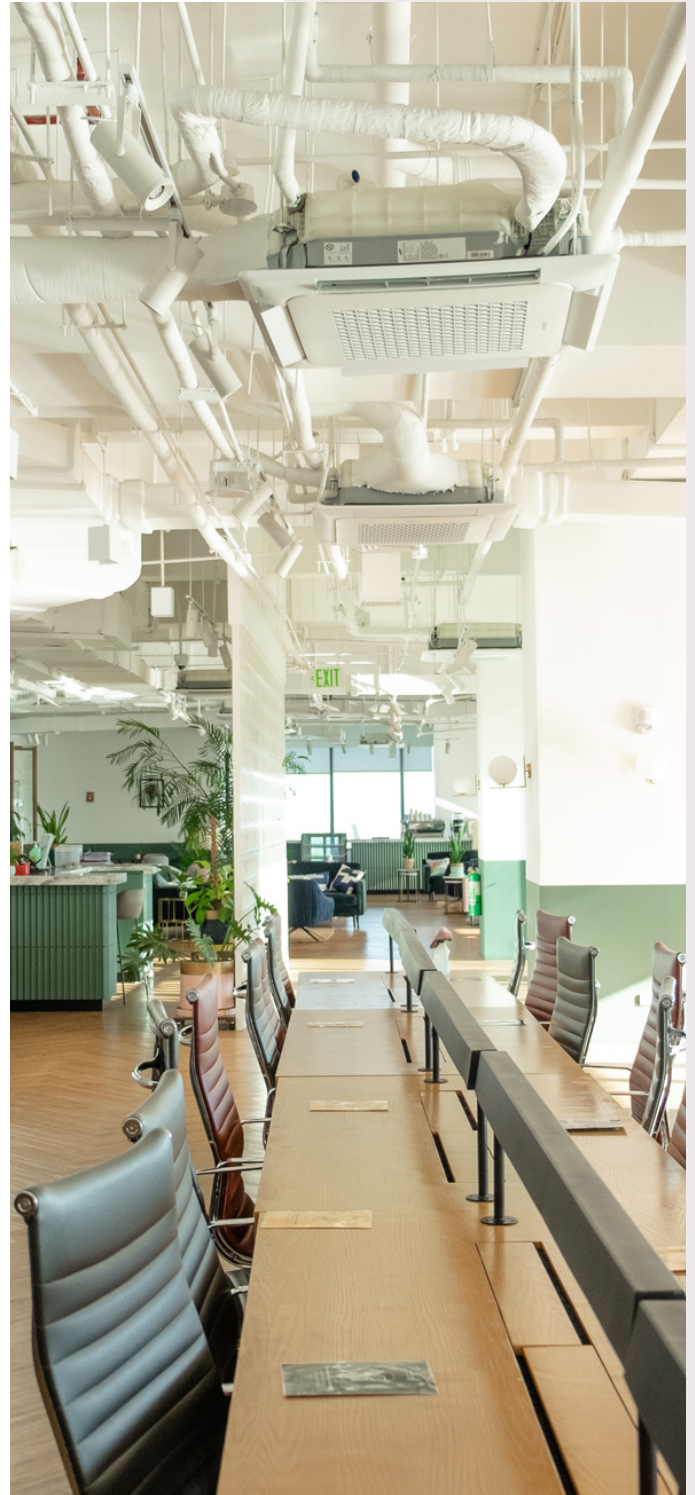


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# OUR PROGRAMS

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- 01 Concentration and Focus
- 02 Worklife Balance
- 03 Relationship Building
- 04 Stress Anxiety and Burnout
- 05 Negotiations





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# HIGHLIGHTS OF THE OASIS PROGRAMS

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Custom  
Workbooks

Task Based  
Sessions

Mid-  
Program  
Surprises

Qualified  
Therapists

Practical  
Application

Evidence  
Based  
Techniques

Scenario  
Based  
Learning



# CONCENTRATION AND FOCUS

Learn techniques to sharpen your focus, skyrocket productivity, and manage time like a pro in today's tech-savvy, competitive world

## Highlights

Building  
Concentration

Reduction in  
Cognitive Load

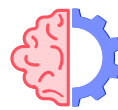
Understanding  
Mind Palace

Resting  
your Brain

Improved  
Lifestyle

## Benefits

Healthier Lifestyle  
Clearer Goals  
Increased Productivity  
Career Advancement



## Sneak Peak of Techniques

Brain Gym  
Activities

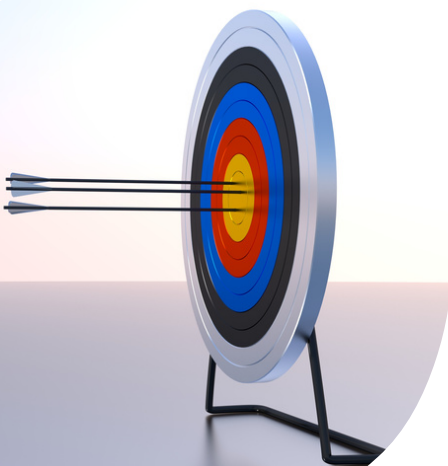
9 Pillars of  
Happiness

Vagus Nerve  
Stimulation

Wheel of  
Time

Unwinding  
our Mind

Casting &  
Supporting  
Technique





# WORK- LIFE BALANCE

Challenge the 70-hour work week norm and learn the keys to balancing your professional and personal life with ease.

## Highlights

Identifying Imbalance

Role Harmony

Decode Stress Language

Time Management

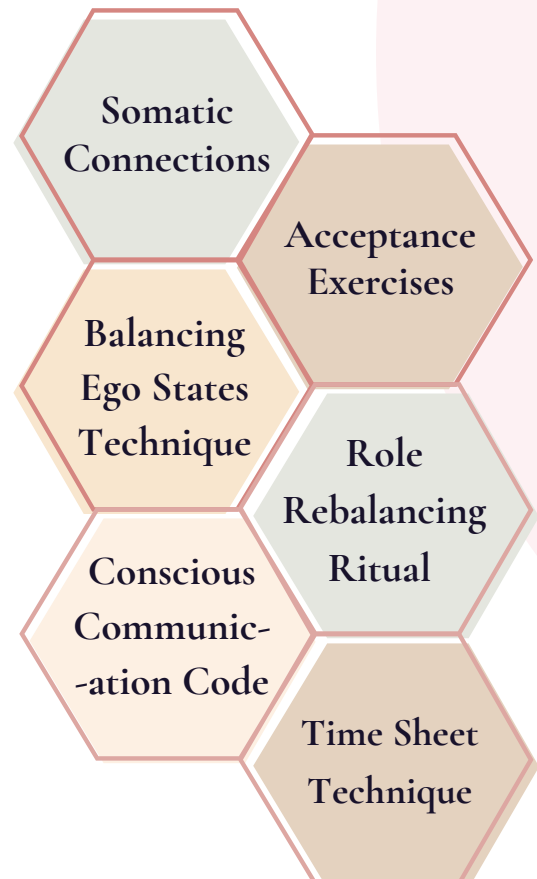
Improving Lifestyle

## Benefits

Better Prioritisation  
Happy at Work and Life  
Higher Focus  
Delegation Skills



## Sneak Peak of Techniques





# RELATIONSHIP BUILDING

Discover the art of connecting deeply with yourself and others,  
and unlock the secrets to meaningful relationships

## Highlights

Transactional  
Analysis

Social Skills  
Management

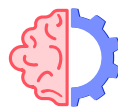
Understanding  
Attachment

Better  
Manager

Boosting  
Confidence

## Benefits

Reduced Health Cost  
Employee Retention  
Better Team work  
Faster Execution of task



## Sneak Peak of Techniques

Flexing  
connections  
technique

Casting Call  
Technique

Stepping  
up our  
connections

Script  
Switch  
Technique

Language  
Mapping  
Technique

Wise  
Compassion





# STRESS MANAGEMENT

Uncover the roots of your stress and develop strategies that not only alleviate stress now but also fortify you for the future.

## Highlights

Identify Triggers  
of Stress

Reduce Cognitive  
Load

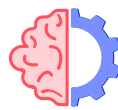
Understand  
Secondary  
Behaviour

Unwinding  
Yourself

Realistic  
Expectations

## Benefits

Improved Lifestyle  
Clearer Goals  
Increased Productivity  
Better Communication



## Sneak Peak of Techniques

Big Story  
Technique

Value  
Analysis

Other side  
of Defence

Curiosity  
Pit Stop

TIPP  
Technique

Environmental  
Activities





# CRACKING NEGOTIATIONS

Dive into the dynamics of successful negotiations and learn to excel in both your personal and professional spheres

## Highlights

Win-Win  
Communication

Effective  
Communication

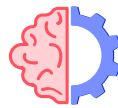
Heightened  
EQ

Problem Solving  
Approach

Close  
Better Deals

## Benefits

Enhanced Confidence  
Better Crisis Management  
Reduced Stress  
Persuasion Skills



## Sneak Peak of Techniques

Anchoring  
Advantage

Option  
Overload

Contrast  
Con

Sunk cost  
strategy

Cognitive  
Dissonance  
Counter

Mentalism  
Techniques







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# PACKAGE OPTIONS

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## 1 DAY WORKSHOP



90 min



In-Person/ Online

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### BENEFITS

- Pre-Post Assessments.
- Tools which can be used easily
- 90 min of team building session.
- Learning and Destressing
- Unwinding

## PROGRAMS



3 months



In-Person/ Online

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### BENEFITS

- 3 month Program
- 12 sessions of understanding self and concerns
- Access to psychology tools to handle challenges
- Pre-Post Assessment
- Regular Check-ins
- Detailed report on progress
- Mid session surprise
- Workbooks
- Family package



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# 1 DAY WORKSHOP

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150-350  
EMPLOYEES

₹ 500\*  
PER EMPLOYEE

Workshop Conduction  
Snacks  
Materials Provided

70-150  
EMPLOYEES

₹ 700\*  
PER EMPLOYEE

Workshop Conduction  
Snacks  
Materials Provided

25-75  
EMPLOYEES

₹ 900\*  
PER EMPLOYEE

Workshop Conduction  
Snacks  
Materials Provided

>20  
EMPLOYEES

₹ 1100\*  
PER EMPLOYEE

Workshop Conduction  
Snacks  
Materials Provided

\*Conditions apply on minimum employees per event



# OASIS PROGRAMS

## 3 MONTH PLAN

₹ 999\*

PER EMPLOYEE  
PER SESSION

12 sessions

Materials for lifetime

Reports

Check-ins

## 3 MONTH PLAN (FAMILY)

₹ 1100\*

PER EMPLOYEE  
PER SESSION

18 Sessions

Can be divided among 3  
members of family

Reports

Materials for Life time

Check-ins

\*Conditions apply on minimum employees per package



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# OUR TEAM

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Vandana S  
Counsellor and HR Head



Nitara Rebello  
Counsellor



Geeta Subramanian  
Counsellor and Lead Mentor



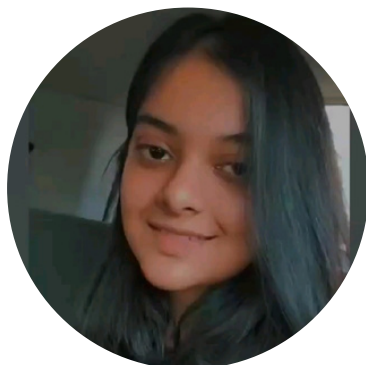
Nitya Khanna  
Logistics and Event  
Management Head



Shubhangi Gupta  
Counsellor (Somatic  
Therapy)



Rachita Jain  
Mentor (Art Therapy)



Sanchi Gupta  
Social Media Head



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# ABOUT US

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Oasis by Psychoflakes believes in therapy being an experience that goes beyond traditional methods. Our programs are designed to uncover the root causes of your challenges, guiding you towards emotional balance and self-awareness.

## OUR SERVICES



### B2B (OASIS)

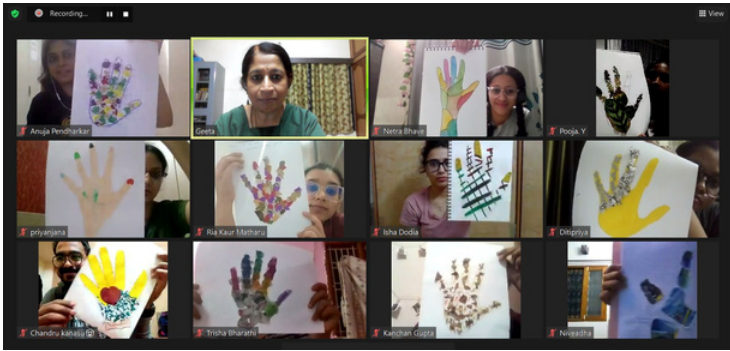
Corporate Events (1 day)  
Programs (3 months)  
Wellness Hampers  
Support Circles  
Trading Psychology

### B2C(PSYCHOFLAKES)

1:1 Counselling sessions  
Marital Sessions  
Career Sessions  
Courses  
Support Groups



# HAPPY CLIENTS





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## CONTACT US

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