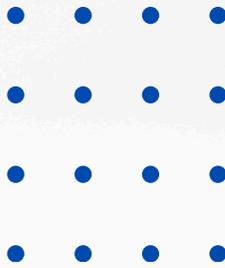




SehatYab is a fast growing, evidence based, Well-being service providing emotional, behavioral and psychological support to the corporate workforce.

CORPORATE WELLBEING PROGRAM



Proven to improve well-being, motivation and productivity by reducing stress and negativity.

SehatYab program has 4 segments

1



Psychometric & Stress Assessments

Obtain objective data, trends and insights to support decision making or create targeted interventions.

2



Workshops / Trainings

The only way to improve is through learning. Our sessions are always interactive, and practical with clear learning outcomes.

3



One on One Consultation

Unique problems are solved through non-judgmental and confidential consultations. SehatYab's dedicated web-portal provides secure access for self service bookings and self help resources.

4



Employee Assistance Program (EAP)

SehatYab's EAP structures all of the above services to maximize year around well-being in the most affordable way.



SOME OF OUR HAPPY CLIENTS



Manufacturing
German Multi-National



MobilinkBank

Bank
Mobilink Microfinance
Bank



Software house
Multi-National



The Dawood Foundation

Non Profit Organization
The Dawood Foundation



Development
International



Pharmaceuticals
Pakistan



Renewable Energy
Pakistan



SMC
Member of the Surbana Jurong Group

Engineering
Australia - Multi-National



University
National college of
Business & Economics



Chiesi
Italian Multi-National



servicePath

Software company
International



remoteBase.

Tech International
BPO



ework
International
Accelerating Business Performance

Software company
International



Haider Linguistics
Words connecting Worlds

Language Service
International

ASSESSMENTS & SURVEYS



Data-driven insights for a Healthier Workforce

Key Assessments We Offer

01

Psychometric Assessments

- Evaluate personality traits, emotional and behavioral tendencies.
- Help tailor interventions for individual and team development.

02

Cognitive Ability Tests

- Measure problem-solving skills, decision-making & overall cognitive function.
- Identify areas for skill development and productivity enhancement.

03

Stress and Burnout Surveys

- Assess stress levels, burnout risk, emotional exhaustion within the workforce.
- Provide early warning indicators to prevent workplace fatigue & disengagement.

04

Work Practices Survey

- Analyze employee engagement, work-life balance, and organizational culture.
- Identify patterns affecting performance and job satisfaction.

Why These Assessments Matter

- **Early Identification:** Helps detect issues before they escalate.
- **Personalized Support:** Enables customized wellbeing interventions.
- **Data-Driven Decisions:** Offers actionable insights to refine HR policies.
- **Program Effectiveness Tracking:** Monitors progress and impact over time.

OUR TARGETED WORKSHOPS



“ **Emotions drive your Actions, Actions drive your results.** ”

Emotional well-being & Managing Stress at work (2hrs)

This training is an introduction to 3 important facets of workplace well-being i.e.,

1. Understanding and maintaining Mental health.
2. Recognize the emotions, and feelings of others and your own and how to effectively use the positive emotions and regulate the negative ones.
3. Introduction to stress and stressors, and basic techniques to keep it at an optimal level.

Stress Management at Work (Half / Full Day)

1. Empower your team to gain highly effective techniques to reduce workplace stress and to start succeeding under pressure.
2. Organizations that address staff well-being and work-related stress, experience an improvement in employee satisfaction and job-related performance.

Emotional Intelligence for workplace success (Half / Full Day)

Emotionally intelligent employees will build effective working relationships enhancing work productivity, motivation, better decision-making, and reducing conflicts, negativity, and toxicity at the workplace.

Skill Development Workshops

Assertive communication, Impactful decision making, Persuasive negotiations, conflict resolution and many more. Contact us for detailed list of topics.

**All trainings are tailored to address the challenges of respective workplace.
Ask for detailed content.**

OUR TARGETED WORKSHOPS



Integrating Work-Life Balance

Description: Strategies to achieve a healthy work-life balance.

Focus Areas: Time management, boundary setting, and utilizing EAP services.

Mindfulness and Mental Health

Description: Mindfulness techniques tailored for the workplace to enhance focus, reduce stress, and prevent burnout.

Focus Areas: Mindfulness meditation, stress reduction exercises, burnout prevention.

Leadership Development through Psychological Wellbeing

Description: Cultivating leadership skills with a strong foundation in mental health and emotional stability.

Focus Areas: Leadership psychology, emotional intelligence, stress management for leaders.

Building Psychological Safety in Teams

Description: Creating an environment where team members feel safe to express concerns, share ideas, and seek support without fear of judgment.

Focus Areas: Psychological safety, team dynamics, and open communication.

*** (topics for workshops/training sessions can be customized as per the clients requirements, contact us for a detailed discussion)**

Annual Well-being Program

We customize annual calendar of 12 to 36 workshops, Q&A Webinars, awareness sessions ranging from one hour to full day activities.

Contact us for more information.



TRAINING SESSIONS

“Happy at home, happy at work”

Positive Parenting

“Prepare the Child for the Path and not the Path for Your Child”

1. Day to day , practical tips and techniques “ Tarbeeat ” for better parenting.
2. How personalities are formed, self confidence, discipline, resilience, etc. are learned at home.
3. What negative myths and practices do we commonly follow at home?
4. Tailor made for one or both parents in high stressed jobs

Relationship 101

Learn that its “Us (You & Me) vs the Problem” and not “You vs Me”

1. There is no perfect relationship and every relationship can be improved.
2. The Quran refers to a husband and wife as “Libas” for each other. Learn the wisdom behind it.
3. How relationships built on respect, and mutual complementary responsibilities thrive in the modern life setting.

**These trainings are delivered online (2 hours).
Spouses of workforce to attend as well**



One on One Consultations

We offer non-judgemental private consultations with leading clinicians. Unlimited annual subscription plans to "Pay as you go" models are available.

OUR SERVICES INCLUDE:

- **Individual Consultations:**

One-on-one sessions with licensed psychologists to address stress, anxiety, burnout, and other personal challenges.

- **Parenting Support:**

Guidance for working parents on managing family responsibilities, work-life balance, and child-related concerns.

- **Relationship Counseling:**

Professional counseling for interpersonal and workplace relationship challenges to foster healthier connections.



EXCLUSIVE BENEFITS FOR CORPORATE CLIENTS:

1. Customer-Branded Web Portal

- A white-labeled, company-branded digital platform for easy employee access.
- Secure portal for booking sessions and accessing wellbeing resources.

2. Unlimited Mental Health Consultations

- Employees can seek professional help as often as needed.

3. Periodic Reporting & Insights

- Data-driven reports on program utilization, engagement trends, and impact analysis.
- Helps HR teams assess effectiveness and make informed wellbeing decisions.

Let's work together to build a mentally resilient and high-performing workforce.

Contact us today to explore the best plan for your organization



PROFILES OF OUR LEAD TRAINERS



DR. MUHAMMAD RIZWAN

He has completed a PhD in Clinical Psychology and a post-doctoral degree in 2014–15 from the University of Luzern, Switzerland.

He has more than 20 years of corporate & institutional training, coaching, and clinical consulting experience. He specializes in work-place stress and burnout arising from work-place environmental stressors as well as at individual/personal level



DR. RAFIQ DAR

He has a PhD in Neuropsychology from University of Strasbourg, France and a Joint MS University of Strasbourg, France, University of Basel Switzerland, and the University of Fribourg Germany.

Whether it's stress management, emotional intelligence, or personality enhancement, Dr. Dar is the go-to trainer for cultivating a workforce that thrives in today's competitive business environment.



MS. AISHA AKHLAQ

She holds M. Phil in Psychology and is a Clinical Psychologist and trainer with 8 years of experience working with employees, patients, and families.

She has been conducting sessions on Emotional & Mental Health Awareness, Stress Management, Emotional Intelligence, Assertive communication, and Relationships as well as on personal development for employees, children, and adults. She is a Member of the American Psychological Association



MS. NAWAL ALI SHAH

She holds an MS in Clinical Psychology and has 7 years of experience as a clinical psychologist and wellbeing trainer.

She specializes in emotional and mental health, stress management, and workplace wellbeing, conducting sessions for employees, families, children, and adults. She has been part of various training programs and is a member of the Australian and New Zealand Mental Health Association.



We have a panel of experienced practitioners of Yoga, Mindfulness, Nutrition etc. in Karachi, Lahore and Islamabad, conducting sessions as part of our annual wellbeing programs.



LIST OF OUR SERVICES

	SERVICE	DETAILS
SURVEY	Personality and Cognitive ability tests for recruitment / promotions Stress & burnout survey with full demographics and analysis	Online self assessment. Report followed by presentation.
	Emotional & Mental Well Being at work	2hrs (30-40 staff)
TRAINING SESSIONS / EVENTS	Stress Management at Work	Half / Full day (up to 30 staff)
	Emotional Intelligence for Workplace success	Half / Full day (up to 30 staff)
	Skill Development Workshops & Micro Sessions From comprehensive skill development workshops to focused and brief micro sessions, we cover assertive communication, impactful decision-making, persuasive negotiation, conflict resolution, and more, tailored to suit your team's time and learning needs.	Half / Full day training sessions (up to 15 members) Online micro-sessions 30 minutes
	Relationship 101 and Positive Parenting, Yoga, Mindfulness, Nutrition, etc. Sessions	Online 2hrs each (including spouses)
	Awareness Events such as: Mental health day, Breast cancer day etc.	As per requirement
	Counselling (One on one) with Clinical Psychologists 24/7 psychological helpline for venting out and catharsis of ongoing issues.	"Pay as you go" or subscription models are available.
CONSULTS	Counselling in-person - Associate Clinical Psychologist a day at your premises	For 6-8 hours
	Employee Assistance Program Customized holistic well-being for the entire workforce including surveys, workshops, monthly Q&A session, unlimited consultations, 24/7 helpline, web portal, etc.	A fixed fee per staff member will be proposed
	Corporate Social Responsibility (CSR) Projects With our community wellbeing initiatives, organizations can play an active role in strengthening emotional health across society. From wellbeing walks to in-person workshops on stress, burnout, and daily coping strategies, Sehatyab designs and delivers programs that raise awareness, reduce stigma, and build emotional resilience in the communities your business touches.	

* Price is determined upon the staff strength and services selected by the management.

**\$1 INVESTED IN EMPLOYEE
WELL-BEING, GIVES A
RETURN OF \$4**

- WORLD HEALTH ORGANIZATION (WHO)

About Us

Sehatyab has been serving individuals and institutions since 2016. It was founded by returning overseas Pakistani professionals, with wide international experience in healthcare service delivery.

SehatYab's services are grounded in scientific research, are evidenced based and proven to improve emotional, behavioral and psychological issues of the workforce.



+92 304 111 2310



www.SehatYab.com



corporate@sehatyab.com

