

Healthier Teams Start with *Safer Conversations*.

Marea Wellness offers confidential, evidence-informed mental health support for corporates, schools and wellness retreats, led by Counselling Psychologist Avinii Taneja.

Packages

Workshop

FOR TEAMS OF ANY SIZE

- One live session on stress, burnout, boundaries or emotionally safe communication
- Shaped with you in a planning call
- Online, or in person at your Gurugram office
- Anonymous feedback summary

Manager Training

FOR PEOPLE LEADERS AND HR

- Spotting early signs of stress and burnout
- Holding a supportive check-in
- What to say, what to avoid, when to refer
- Looking after your own wellbeing

Monthly Counselling Support

ONGOING CARE FOR EMPLOYEES

- A set number of one-to-one sessions each month
- Scheduled with your HR team
- Online, from wherever people are
- Monthly report with anonymised numbers only

How Confidentiality Works

What your organisation sees

- How many sessions were used each month
- Attendance for workshops and trainings
- Broad, anonymised themes, only when the group is large enough that no one can be identified

What stays private

- Any individual's details in reports
- Anything said in a session
- Notes, records and messages, kept by Avinii and never shared with your organisation

The only exception is a serious risk to someone's safety. Even then, we speak to the person first wherever possible.

Getting Started

01	02	03	04
A short call to understand your team and goals	A tailored proposal and custom quote	Ground rules on confidentiality agreed in writing	Sessions begin, with a review each month

Recent work: "Stronger Inside", a resilience workshop with 150 Class 8 students at Salwan Senior Secondary Girls School. Also available: team sound baths with holistic healer Pooja Taneja, teacher workshops for exam-season stress, and sessions for wellness retreats. Or build your own workshop, overleaf.

Build a Workshop *Around Your People.*

Every group is different. Pick who it's for, choose up to three focus areas and set the format.
We shape the session with you and send a custom quote.

Corporates

Teams, managers and HR, on stress, burnout, boundaries and safer conversations.

Schools

Teacher workshops for stress and exam-season alignment, and resilience sessions for students.

Wellness Retreats

Mindfulness, sound and emotional wellbeing sessions woven into your programme.

01 Choose up to three focus areas

Stress and Burnout

Spot early signs and build habits that protect energy.

Exam-Season Stress

Help teachers support students, and themselves, through exams.

Emotionally Safe Communication

Speak up, listen well and disagree without damage.

Boundaries and Balance

Say no kindly, switch off and make room to recover.

Resilience and Emotional Regulation

Practical tools to stay steady when things get hard.

Mindfulness and Grounding

Simple breath and body practices to use anywhere.

Sound Bath Reset

Close with a guided sound bath with Pooja Taneja.

Not sure yet?

Tell us about your group and we'll suggest a mix.

02 Set the format

WHERE

Online, or in person in Gurugram or at your venue

HOW LONG

60 minutes, 90 minutes or a half day

GROUP SIZE

Up to 25, 25 to 75, or 75+



Get a Custom Quote

Scan to message Avinii on WhatsApp, or build your workshop online at marea-wellness.vercel.app/workplaces. We reply within a day, with no commitment.

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