



**Plug Health@Work**

**Plug Happiness@Work**

**Plug Harmony@Work**

*Your employees are your most **precious assets**.*

*We help you **take care** of them.*



Creating *healthy, happy & harmonious* workplaces.

## Our Purpose

We believe every individual has *infinite* potential.

Our purpose is to help workplaces become **the place** where individuals can **realize this potential**.

## Our Values

### HOLISTIC APPROACH



### DEEP EXPERTISE



### LASTING IMPACT



## The Challenge

- ▶ The pandemic has heightened the need for workplaces to **holistically** address occupational wellbeing.
- ▶ Our **sustained** engagement with HR teams, CXO-level leaders & individuals tells us:
  - ▶ **Managers are struggling** to deal with workplace toxicity, depression, burnout etc.
  - ▶ **Customised** solutions are required to secure sustained improvements in occupational wellbeing
  - ▶ **Deep expertise** is required to make strides in this area



### BY ADDRESSING

**6** DIMENSIONS OF WELLBEING

Occupational, Emotional, Social, Financial, Physical & Spiritual

### ACROSS ALL

**3** LEVELS OF ORGANISATION

Individual, Group & Organisational

- ▶ **Synergy** of expertise across **disciplines** & **cross-functional** initiatives, to build organisational **capability**.
- ▶ Designed to influence individuals' behaviour. All interventions are formulated by our panel of experts\*.
- ▶ This strategy secures **improved** wellbeing outcomes over sustained periods of time, across **all levels of intervention**.

Our Solution

\***Areas of expertise:** Counselling, Yoga Psychology, Parenting, Substance Abuse, Yoga Therapy, POSH, Workplace Design & Sustainability, Therapeutic work with Individual, Group & Families, Diversity & Inclusion (LGBTQIAAA, Gender, Disability etc.)

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## EAP

To extend individualised care to employees & their families

- ▶ 24x7 **confidential**, secure counselling service
- ▶ Curated tools & techniques for each caller
- ▶ **Senior** counsellors on calls & **proactive check-ins** with callers
- ▶ **Insightful reports for HR** every month



## plugH Hour

Making difficult conversations possible

- ▶ **Live** interaction to address **complex & taboo** issues
- ▶ Facilitation by an **expert** with **deep** subject experience
- ▶ Complete **anonymity** assured



## plugH Academy

Capability building for individuals and organisations

- ▶ **Workplace Mental Health Certification**
  - ▶ Building **High EQ** Leaders
  - ▶ Train the Trainers (**POSH**)
  - ▶ **CXO Counselling**
  - ▶ plugH **Moneywise**
  - ▶ plugH **Gurukul**
- and many more*



## plugH Assist

Facilitating policy design & compliance

- ▶ Your 1 stop solution to:
  1. **Design** policy,
  2. **Implement** initiatives
  3. Ensure **Compliance**
- ▶ Expertise in **POSH, D&I, Mental Health** & other areas



## Bodhi Stree

Nurturing women to be their best

- ▶ Counselling support for **every woman**
- ▶ Bodhi Stree Dialogues: **celebrating women every month**
- ▶ plugH Hour **specials**
- ▶ Facilitating **peer support**



## plugH Dashboard

Leveraging technology

- ▶ **plugH platform** with an HR dashboard
- ▶ **plugH app** for the employee interface

*Employees are not resources to manage. They're **humans** to **value**.*

Our purpose is to create *healthy, happy & harmonious* workplaces.



## plugH

208 Navkriti Arcade, Sector 55, Gurgaon – 122003

+91 9136240796

contact@plugh.co.in

www.plugh.co.in

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