

Emotional Wellness Program

Emotiva

WHO WE ARE

EMOTIO is an international consulting firm specialized in **HR and Corporate Wellness**.

A multidisciplinary team with extensive experience.

A long-term strategic partner for our clients.

We analyze and give solutions.
You improve and grow.

Some of our clients



GUGGENHEIM



WHAT WE DO

Help companies to develop solutions for **Advanced People Management**.

Measure and analyze the employees' emotional status to **evaluate and prevent** linked risks.

Improve work satisfaction, performance and psychological well-being perception through bespoke plans.

Our Plans



Standard Plans



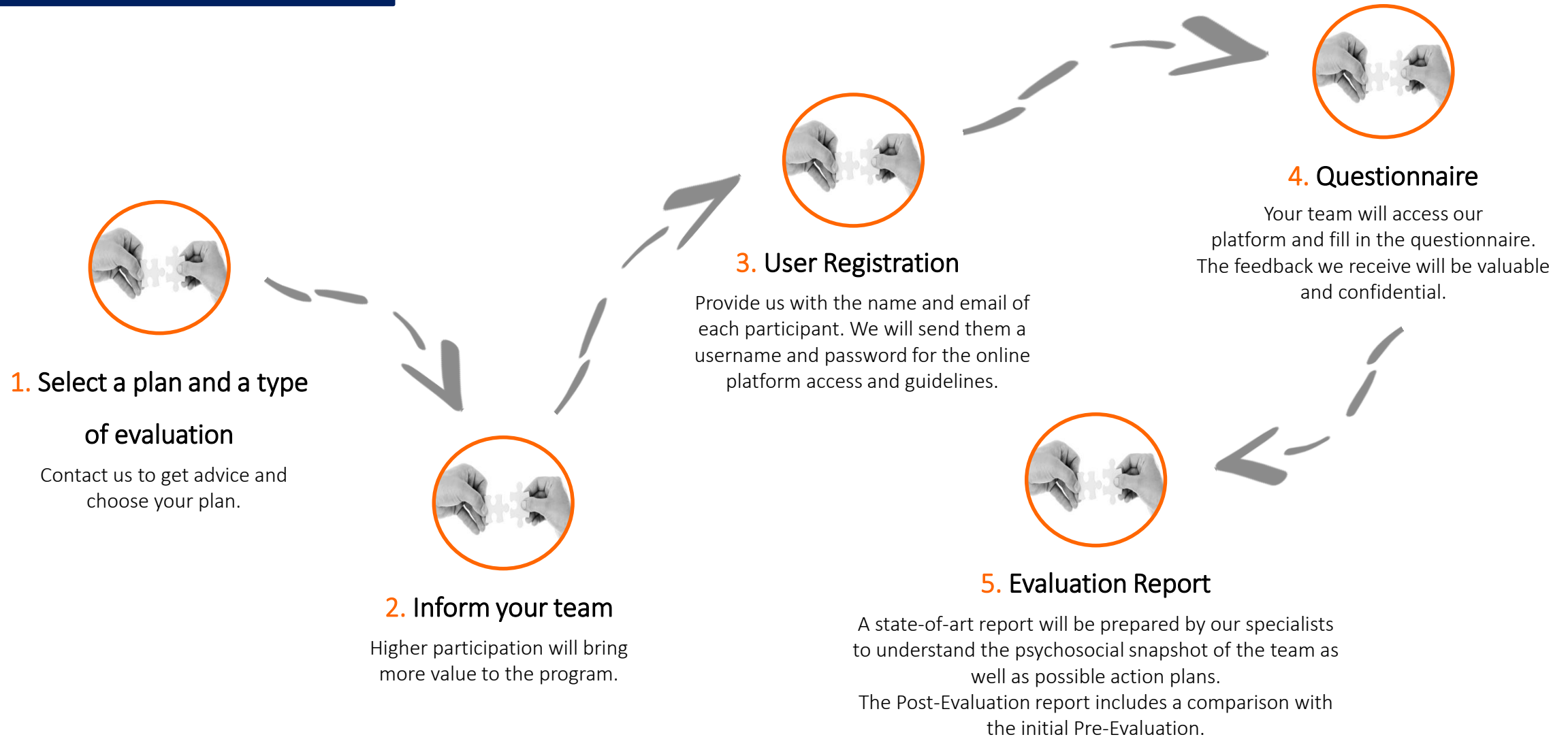
Customized HI-EF Programs



Online & Digital Solutions



HOW OUR PLANS WORK



STANDARD PLANS

Initial Evaluation

Survey and evaluation report about emotional condition of **THE TEAM**.
(Choose one of the four different types of evaluations)

Post Evaluation

Survey, evaluation and evolution report from the initial evaluation in order to understand the emotional resilience of your team and define **areas of improvement**.
(Post evaluation type must be the same type than the initial evaluation)

Specific Interventions

Implement an action plan to improve a specific psychological **area of interest**.

Additional Customized Programs

Custom-made programs can be designed **Ad-Hoc** upon request.

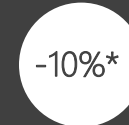
** Discount for any additional customized programs during 6 months*

Options

SILVER

GOLD

PLATINUM



EVALUATION TYPES

Clinic Standard Questionnaire time: 10-15 min.

Survey and report focus on: Anxiety, Stress and Mood.

Clinic Extended Questionnaire time: 35-40 min.

Survey and report focus on: Anxiety, Stress, Mood, Hostility, Clinical risk & Social sensitivity.

Populated Standard Questionnaire time: 10-15 min.

Survey and report focus on: Emotional Management Skills (EMS).

Populated Extended Questionnaire time: 35-40 min.

Survey and report focused on: EMS, Autonomy, Personal growth, Social relations & Self-Acceptance.

Benefits



Psychosocial Risks Prevention



Engagement & Talent Retention



Company Values (SCR)



SPECIFIC INTERVENTIONS

Specific interventions are a set of 4 activities to be carried out in order to **work and improve a specific factor** such as anxiety, stress, mood or EMS among others.

Additional Customized Programs can be created following the conclusions of the Evaluation or any other management guidelines. A wide range of solutions can be tailored upon discussion.

Activities



Introduction



Video Pill 1



Video Pill 2



Survey

SHALL WE MOVE ON?

“If you want something
you’ve never had,
then you have to do something
you’ve never done”

Emotio

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