



OASIS PROGRAMS STRUCTURE

BY PSYCHOFLAKES



HIGHLIGHTS OF THE OASIS PROGRAMS

Custom
Workbooks

Task Based
Sessions

Mid-
Program
Surprises

Qualified
Therapists

Practical
Application

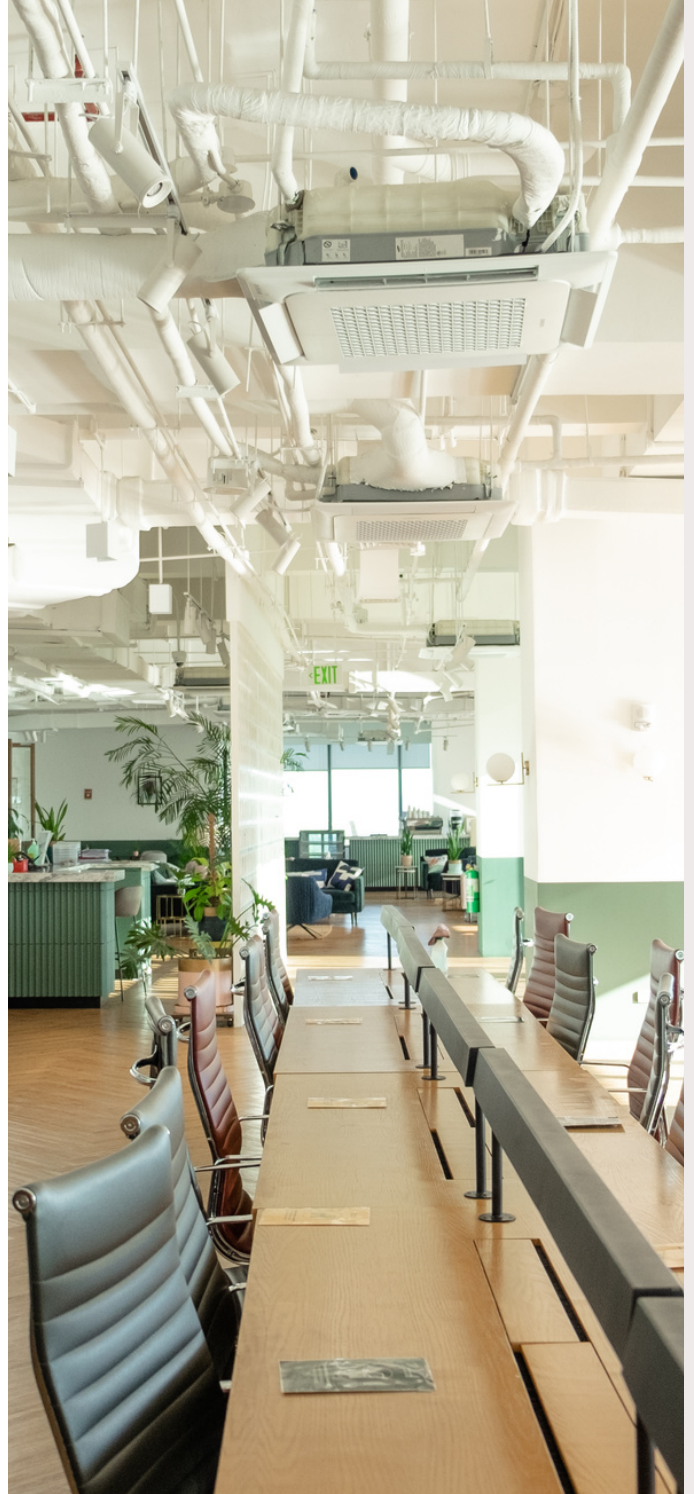
Evidence
Based
Techniques

Scenario
Based
Learning



OUR PROGRAMS

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





STEP 1

QUESTIONNAIRE ASSESSMENT



To tackle any challenge, it's crucial to take a moment and assess where we are at and how we can upgrade ourselves into a better version!

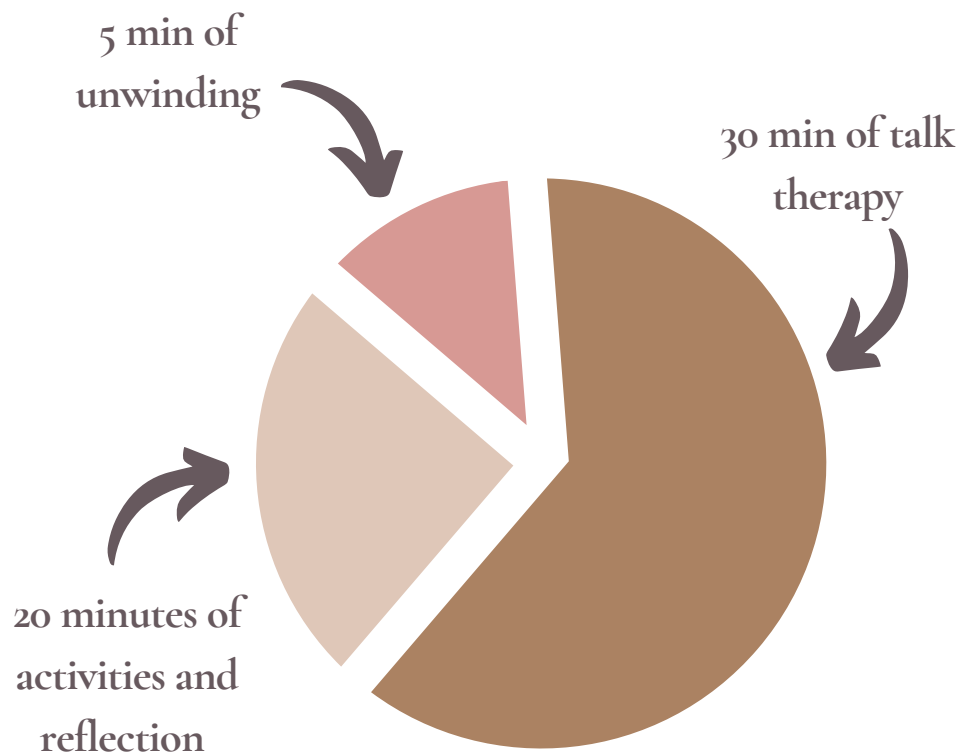


STEP 2

PROGRAM SESSIONS

Every behaviour, random thought, and emotion has a backstory.

Let's be detectives and solve the mystery together! Unveiling the reasons behind them can help us manage them like a boss.





STEP 3

WORKBOOKS

Our workbooks are like a genie in a bottle, granting you lifetime access to top-notch skills and tools that'll empower you to handle challenges thrown your way slowly and steadily!

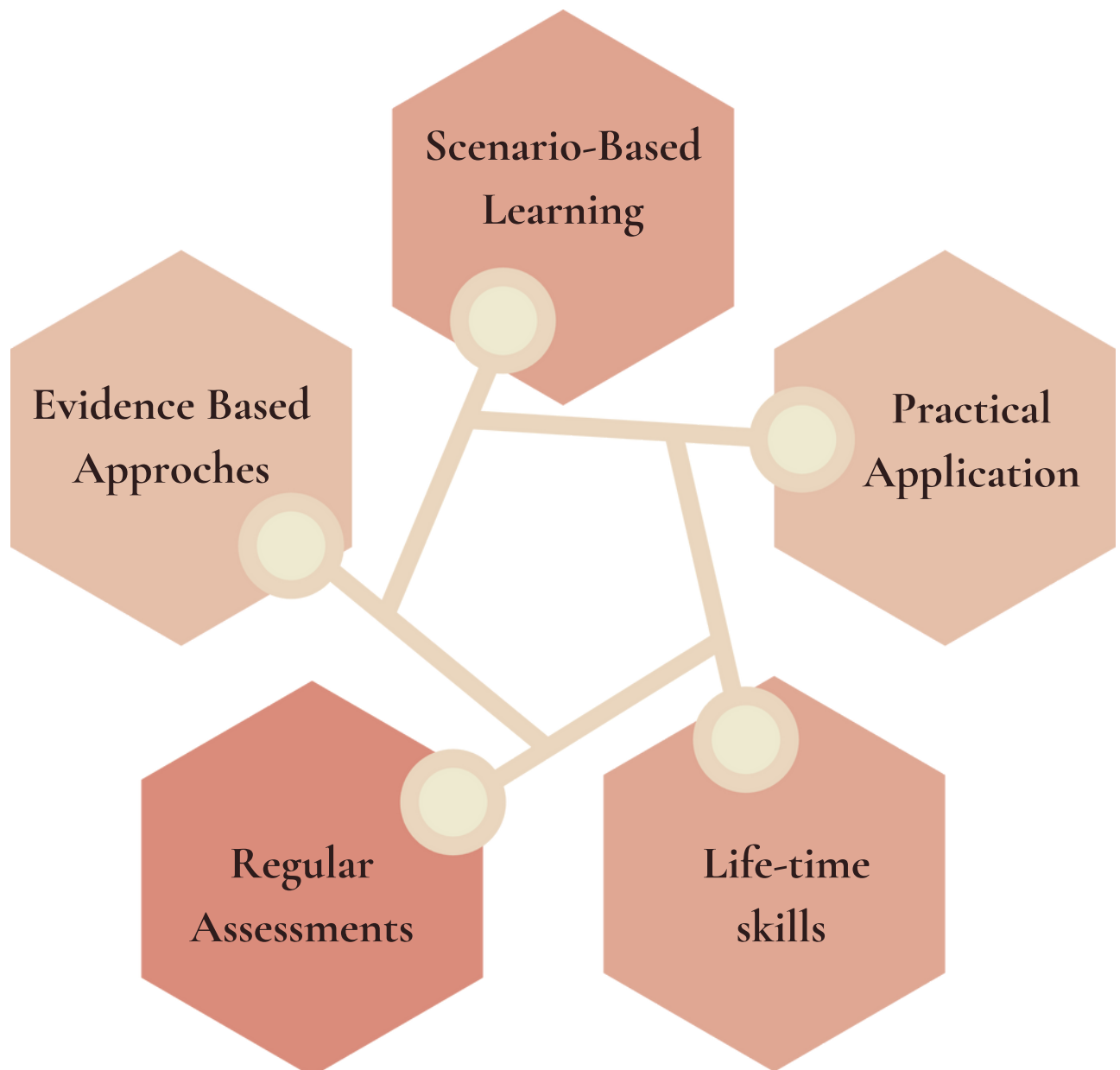


Mid-Program Surprises: We will surprise you with snippets of our hamper items midway through the program



STEP 4

PROGRESS CHARTER

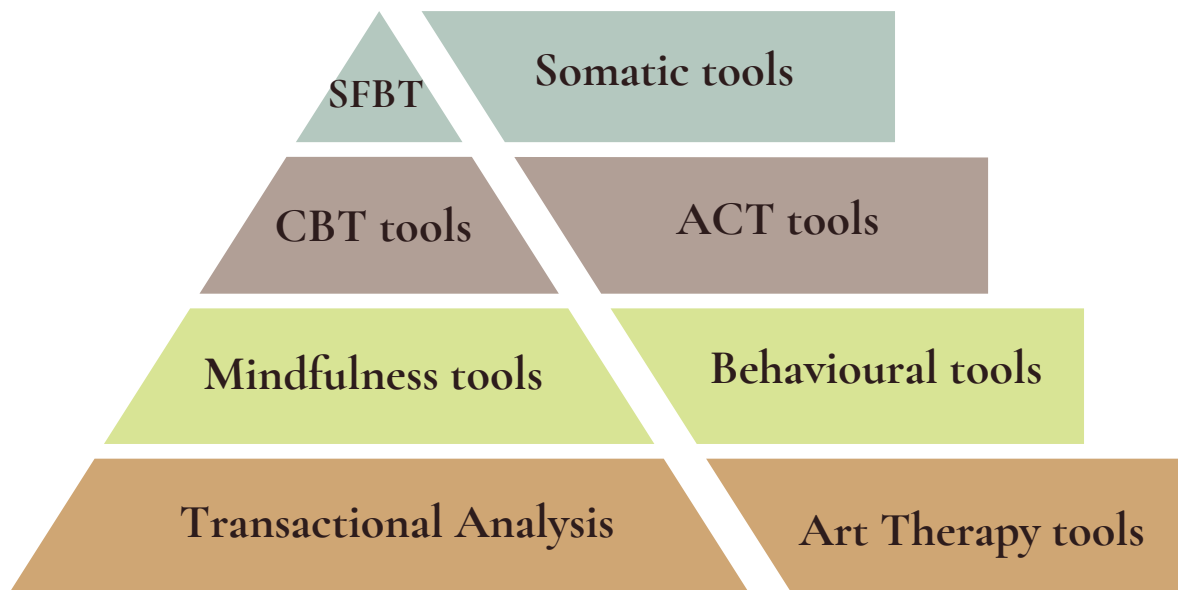




STEP 5

TECHNIQUES OF PSYCHOLOGY

We've got the perfect remedy! Our top-notch therapy programs combine the latest psychological techniques with a personal touch, so you can explore your behavior with a professional by your side.





YOUR SAFE SPACE

A safe space where you can freely express yourself and explore your thoughts and emotions without fear of judgment.





OUR TEAM



Vandana S
Counsellor and HR Head



Nitara Rebello
Counsellor



Geeta Subramanian
Counsellor and Lead Mentor



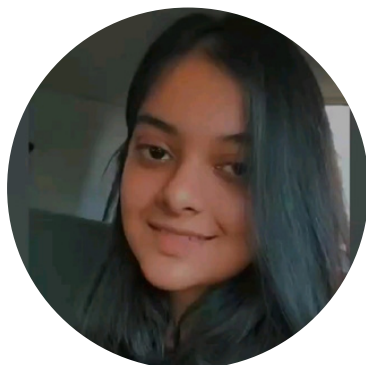
Nitya Khanna
Logistics and Event
Management Head



Shubhangi Gupta
Counsellor (Somatic
Therapy)



Rachita Jain
Mentor (Art Therapy)



Sanchi Gupta
Social Media Head



ABOUT US

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)

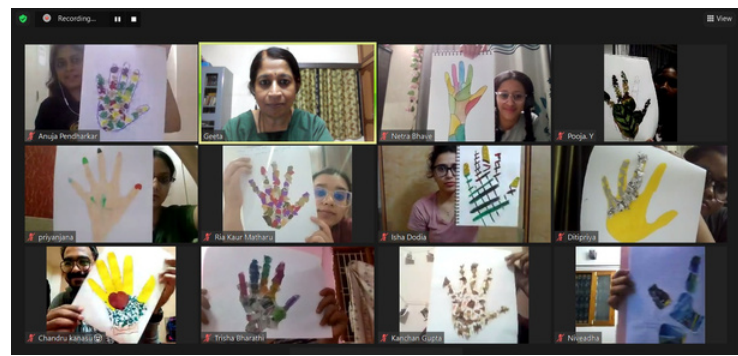
- Corporate Events (1 day)
- Programs (3 months)
- Wellness Hampers
- Support Circles
- Trading Psychology

B2C(PSYCHOFLAKES)

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



HAPPY CLIENTS





CONTACT US



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