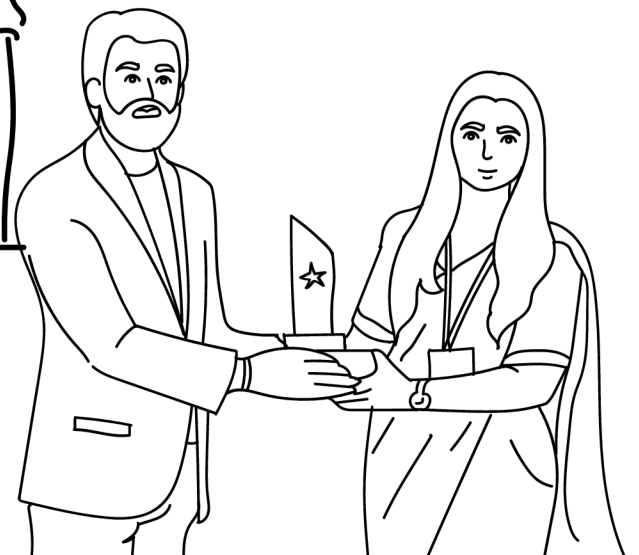


# Employee Assistance Program (EAP)



Enabling positivity



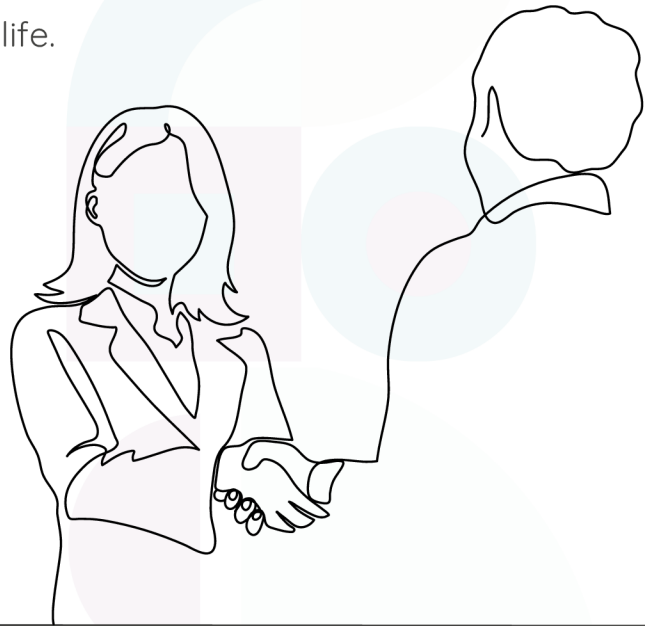
# Our Approach

Employees often deal with unseen stressors—whether personal, emotional, or workplace-related—that might be their barriers to progress.

Our EAP program, by PositivvUs is designed to support employees in navigating the personal and professional challenges that can affect their well-being and performance. Through counselling, and resourceful guidance, we help individuals recognize and overcome their own 'emotional roadblocks' that may be impacting their mental health and career growth.

At PositivvUs, we guide employees toward self-awareness, emotional resilience, and positive change. The program provides a safe space for individuals to reflect on their experiences, share insights with others, and gain valuable tools for personal and professional success. Together, we enable positivity in every aspect of life.

## Benefits to Individuals



Employee Assistance Program (EAP) supports individuals by providing access to counseling for managing stress, anxiety, and personal challenges. It helps improve work-life balance through resources that enhance time management and reduce burnout. EAPs also assist with conflict resolution, fostering better communication and a healthier work environment. Our, EAP empower individuals to overcome challenges and achieve long-term success.

# Benefits to Organizations



## **Improved Productivity**

Enhanced focus and effectiveness through mental health support.



## **Enhanced Employee Retention:**

Increased job satisfaction and loyalty.



## **Decreased Absenteeism**

Fewer days missed due to increased employee engagement.

“ Employees with mental health conditions are present at work; they often experience reduced productivity—a phenomenon called presenteeism. This can account for up to three times the costs associated with absenteeism.

( <https://www.who.int/publications/i/item/9789240053052> )

# Why EAP is Important?

Employee Assistance Programs (EAPs) play a key role in fostering a resilient and productive workforce by addressing issues such as mental health, stress, and work-life balance. Through early intervention and confidential support, EAPs help mitigate risks that can affect employee retention, performance, and organizational effectiveness.

**"It's not the lack of need for support that holds employees back, but the cost of seeking help that stands in the way."**

A common myth is that using an Employee Assistance Program (EAP) will negatively impact employee's career, but in fact, EAP services are confidential and do not affect job security or advancement. Research shows that EAPs ensure anonymity, and early intervention often improves employee performance, making them a safe and beneficial resource

<https://www.corporatewellnessmagazine.com/article/employee-assistance-programs-evaluating-success-and-roi-in-your-workplace>



PositivvUs is the brainchild of Bhavana, Chief Engagement Officer at Ananya-Women@Work

# Bhavana's Journey

With over 30 years of corporate experience, Bhavana has witnessed firsthand the challenges employees face in navigating their careers—whether it's dealing with stress, striving for balance, or seeking opportunities for growth. She observed how the demands of corporate life often led to emotional roadblocks that limited employees from reaching their potential. This fueled her decision to leave her high-growth full-time role and dive into the world of employee wellness, so she could provide the support employees need to thrive.

Backed by a strong foundation in mental health and wellness, Bhavana is now an:

- MA in Psychology
- Diploma holder in Counselling
- Certificate holder in Counselling Interventions
- Certified NLP Practitioner
- Certified Qigong & Tai Chi Practitioner

Drawing from these diverse certifications, she launched PositivvUs—an Employee Assistance Program (EAP) aimed at helping individuals break through emotional and professional barriers. At PositivvUs, the focus is on empowering employees with the tools, strategies, and confidence they need to navigate their way to success.

Bhavana has been volunteering her time with the Hugging Club of India, an NGO whose mission is to remove the stigma around mental health.

Her journey is inspired by the belief that everyone has the potential to rise, and sometimes, all they need is a positive push in the right direction. Through PositivvUs, she is committed to enabling positivity and well-being in corporate environments, helping employees achieve personal and professional fulfilment.



# Our Expert Panel



**Bhavana Arora**  
Chief Engagement Officer



**Madhujit Singh**  
Founder & CEO



**Priya Iyengar**  
Corporate Lawyer



## Connect With Us

Drop us an email or give us a call for the for the 90-minute session, Workshops or Lab for your team/s. Our contact details are:

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