



**ONE CARE CONNECT**  
**Embrace 360° Care 24x7**  
A Division of Curion Connect Pvt Ltd

# PERFORMANCE & PRODUCTIVITY PROGRAM (PPP)

## EMPOWERED MINDS, EMPOWERED WORKDAYS

Welcome to One Care Connect's Performance & Productivity Program (PPP), a comprehensive initiative designed to enhance employee well-being, optimize performance, and boost productivity. Our program is tailored to meet the unique needs of your workforce, offering a range of services to support mental health & professional growth.



IN COMPLIANCE WITH

PARTNERS



## PROGRAM HIGHLIGHTS

### ★ Personalized Coaching and Counseling

- **One-on-One Sessions:** Individual coaching to address personal and professional challenges.
- **Group Workshops:** Collaborative sessions focusing on stress management, work-life balance, and resilience building.

### ★ Mental Health Support

- **Confidential Counseling:** Access to mental health professionals for support with anxiety, depression & other concerns.
- **Crisis Intervention:** Immediate support and resources for employees in urgent need.

### ★ Skill Development

- **Professional Development Workshops:** Training in time management, leadership, and communication skills.
- **Performance Enhancement:** Strategies to improve focus, productivity, and work efficiency.

### ★ Wellness Resources

- **Stress Reduction Programs:** Techniques and tools for managing workplace stress.
- **Mindfulness and Relaxation:** Guided practices to promote mental and emotional well-being.

## PROCESS AND IMPLEMENTATION

### ★ Assessment

- **Initial Consultation:** Evaluate employee needs and program objectives through surveys and interviews.
- **Personalized Plan:** Develop tailored strategies based on individual and organizational goals.

### ★ Implementation

- **Scheduled Sessions:** Arrange coaching, counseling, and workshops according to employee and business schedules.
- **Resource Allocation:** Provide access to relevant materials, tools, and support systems.

### ★ Evaluation

- **Feedback Collection:** Gather insights from participants to assess program effectiveness and areas for improvement.
- **Progress Tracking:** Monitor employee progress and program outcomes through regular check-ins and reports.

### ★ Ongoing Support

- **Continuous Access:** Ensure employees have ongoing access to resources and support.
- **Program Adjustments:** Adapt the program as needed based on feedback and changing organizational needs.

## PSYCHOLOGICAL TECHNIQUES AND THERAPY METHODS FOR EMPLOYEES

### ★ Cognitive Behavioral Therapy (CBT)

- **Focus:** Identifies and changes negative thought patterns and behaviours.
- **Application:** Helps employees manage stress, improve problem-solving skills, and enhance emotional regulation.

### ★ Mindfulness-Based Stress Reduction (MBSR)

- **Focus:** Promotes awareness and acceptance of the present moment.
- **Application:** Reduces workplace stress and improves focus and emotional resilience through mindfulness practices.

### ★ Solution-Focused Brief Therapy (SFBT)

- **Focus:** Concentrates on finding solutions rather than dwelling on problems.
- **Application:** Assists employees in achieving specific goals and overcoming immediate challenges.

### ★ Motivational Interviewing (MI)

- **Focus:** Enhances motivation to change by exploring and resolving ambivalence.
- **Application:** Supports employees in setting and achieving personal and professional goals.

### ★ Employee Assistance Programs (EAP)

- **Focus:** Provides confidential counseling and support services.
- **Application:** Offers help with personal issues, mental health concerns, and work-related stress.



### ★ Stress Management Techniques

- **Focus:** Teaches methods to cope with and reduce stress.
- **Application:** Includes relaxation exercises, time management strategies, and stress reduction workshops.

### ★ Assertiveness Training

- **Focus:** Enhances communication and self-expression.
- **Application:** Helps employees effectively articulate their needs and manage conflicts.

## ENCOURAGEMENT AND SUPPORT

- Include a motivational message encouraging employees to prioritize their Emotional health and seek support when needed.
- Reiterate the company's commitment to creating a supportive and healthy work environment.

## BENEFITS OF CHOOSING ONE CARE CONNECT

- **Tailored Solutions:** Customizable programs to meet unique employee needs and organizational goals.
- **Expert Support:** Access to professional counsellors and experienced coaches.
- **Enhanced Well-being:** Comprehensive services designed to boost mental health and improve work-life balance.
- **Increased Productivity:** Proven strategies to enhance focus, performance, and overall job satisfaction.
- **Confidentiality:** Safe, private support ensuring employee comfort and trust.
- **Ongoing Support:** Continuous access to resources and adaptable programs for sustained improvement.

## WHAT WE ARE OFFERING

### Basic Package

- 2 individual counseling sessions per month
- Access to online wellness resources
- Monthly stress management workshop

### Standard Package

- 4 individual counseling sessions per month
- 1 group workshop (e.g., time management, leadership)
- Stress reduction and mindfulness sessions

### Premium Package

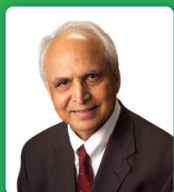
- Unlimited individual counseling sessions
- 2 group workshops per month
- Personalized coaching and performance enhancement strategies
- Full access to all wellness resources and crisis intervention support

**\*"Invest in your employees' mind well-being for a healthier, happier, and more productive workforce."\***

## ABOUT US

One Care Connect is dedicated to providing accessible and high-quality healthcare services to communities. Our team of experienced healthcare professionals is committed to promoting health and wellness through comprehensive screenings and personalized care.

### Advisors



**Dr P. Sudhakar Reddy** (Cardiologist )  
Chairman, Medicity Medical College,  
Fellowship in Cardiology, University of  
Pittsburgh, Pittsburgh, PA. Hyderabad &  
Founder SHARE Trust USA.



**Dr Tripuraneni Adi Sesha Prasad**  
MDRD, Consultant Radiologist, RCSI  
(Royal College Of Surgeon Ireland) Ireland.



**Dr Usha Rani Poli**  
MBBS, DNB(OBG), DGO, Gynae Oncologist



**Dr. G. Veda Prakash**  
MBBS(Osm), MS (Ortho) - NIMS, DNB  
(Ortho), MRCS (Ed), FRCS (Tr & Ortho),  
Fellowship in Joint Replacement Surgery  
Wrightington UK Sr. Consultant Orthopedic  
and Trauma Surgeon



**Mr. Bharath Mundlapudi**  
Founder and CEO (Enterprise Minds Inc)



For More Info

### Leadership



**Dr Sabine Kapasi**  
Chief Executive Officer  
Gynaecologist



**Mr. Ravi Racharla**  
Founder and COO



**Dr Suvarchala Deepthi**  
Co-Founder and Program Director  
(Women & Child care)



**Dr Vigneswar Reddy**  
Chief Clinical Officer MD Clinical  
Pharmacologist MD, CAO  
(Chief Administration Officer)



**Dr. Kavya Vemuri**  
Program Director MBBS; MPH, CIO  
(Chief Information Officer)



**Dr Dinesh Vemula**  
MD General Medicine MD, CCO  
(Chief Clinical Officer)

### CONTACT US:

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