

TCS CARES OFFERINGS LIST - FY2022					
No	Segment	Offerings	Short description	Duration	Target Audience
1	Cares Awareness	TCS Cares Overview Session	A brief overview session on TCS Cares Philosophy, Offerings , Programs and Support Provided	30 mins	All Associates
2	Mental Health Awareness	Your Mind Matters /Its Ok to not be Ok	A session on exploring the need for positive Mental health and understand concerns related to stress and Mental illnesses with tips shared to create positive Mental Health	60 mins	All Associates
3	Mental Health Awareness	Decoding Counselling	A session to help associates understand what counselling is and is not, the process of counselling , myths and facts of counselling and the various concerns one can discuss with a counsellor	60 mins	All Associates
4	Mental Health Awareness	Be Mindful about your Mental Health	A Blended session to create awareness on mental health and also explore the process and benefits of psychological counselling	75 Minutes	All Associates
5	Coping with Changes	Adjusting to the New Normal: Preparing to Reopen	Participants may gain awareness of aspects of the new normal that may be concerning them. The session will also look into helpful ways to return to normal as smoothly as possible.	60 mins	All Associates
6	Coping with Changes	Adaptability: The Future-proof Life Skill	A crucial skill that is constantly being talked about as we continue to navigate the pandemic is that of Adaptability. The session helps one understand the role of adaptability in our lives and the best practices to boost adaptability.	60 mins	All Associates
7	Coping with Changes	Embracing Life's Changes	Regardless of whether the changes are good or bad, they may cause stress. It therefore becomes important to shed light on ways in which we can effectively deal with changes and transitions.	60 mins	All Associates
8	Coping with Changes	Recharge for action	The session explores different yet simple strategies that offer to enhance the quality of life of employees (emphasis on wlb and being in the moment)	60 mins	All Associates
9	Psychological First Aid	Respond with Care	A specially designed Emotional First Aid session to help associates bring in empathetic & supportive communication towards their colleagues and teams during times of crisis. This session will also include the crisis support guidelines.	75 mins	All Associates. Can be customized for HRS & Managers
10	Emotional Intelligence & Positive Psychology	Self Care on the Go	An activity based mental health awareness session to practice simple techniques for taking care of ourselves emotionally	60 mins	All associates
11	Emotional Intelligence & Positive Psychology	Anxiety: Understanding & Managing It	The session is aimed at raising awareness among the audience on recognizing and managing Anxiety on a day-to-day basis.	60 mins	All associates
12	Emotional Intelligence & Positive Psychology	Beyond Grief lies Healing	A specially designed interactive support session for associates and teams experiencing Covid related losses and grief.This support session will be taken by a Sr. Counsellor and will help people acknowledge and start processing their grief, as well as extend the appropriate support to others experiencing losses during thsi pandemic	60 mins	All associates
13	Emotional Intelligence & Positive Psychology	Don't Believe Everything You Think	A session on understanding and being aware of Automated Negative thoughts, along with unlearning thinking patterns through cognitive restructuring	75 mins	All associates
14	Emotional Intelligence & Positive Psychology	Silencing the Inner Critic	A session on understanding our inner voices of dissent and practising cognitive techniques to manage them in a constructive manner	75 mins	All associates
15	Emotional Intelligence & Positive Psychology	The Art of Being Assertive	A session on understanding what being assertive means, and exploring simple ways of practising Assetiveness to manage conflicts in our daily lives	75 mins	All associates
16	Emotional Intelligence & Positive Psychology	The Art of Defining Healthy Boundaries	A session to understand the concept of boundaries, the importance of and simple techniques of drawing healthy boundaries.	75 mins	All associates
17	Emotional Intelligence & Positive Psychology	Turning the Page with Gratitude	An interactive session to understand the benefits of practising gratitude, its connection with resilience and ways of incorporating Gratitude in our daily lives	60 mins	All associates
18	Emotional Intelligence & Positive Psychology	Coping with the Crisis through Hope & Resilience	A specially designed support session to explore the impact of the crisis on emotional wellbeing, Fight/Flight responses and simple tips to cope using principles of hope and resilience	60 mins	All associates
19	Emotional Intelligence & Positive Psychology	Coping with Uncertainty and Anxiety	A specially designed support session for understanding the mind, fight/flight responses and sharing simple psychological first aid tools to cope with panic and anxiety during uncertain times	60 mins	All associates
20	Emotional Intelligence & Positive Psychology	Flourish, even in Challenging Times/ Building Resilience	An interactive curated support session based on positive psychology principles for building resilience and learning the skill of flourishing during difficult times	90 mins	All associates
21	Emotional Intelligence & Positive Psychology	Angry ? Why ?	A specially designed interactive support session for deep diving into understanding our Anger, associated triggers /signs and simple tips and mindful approaches for expressing Anger in a positive way!	75 mins	All associates
22	Emotional Intelligence & Positive Psychology	A Survivor's guide to managing Loss and Grief	A specially designed support session to educate associates on the stages of coping with loss, understanding signs of grief and helping them manage losses and grief through understanding the grieving process.	60 mins	All associates
23	CBT Based	Who Am I - Exploring the Concept of Self	A session to explore the concept of self image, self esteem and the importance of these for good psychological wellbeing	60 mins	All associates
24	CBT Based	Don't Believe Everything you Think - Managing cognitive biases	A session on identifying negative thought patterns , cognitive biases and exploring simple CBT based techniques to reframe the thoughts	60 mins	All associates
25	CBT Based	Science of Happiness	A session to understand the way humans perceive happiness and explore simple CBT based tips to optimize the happiness experience	60 mins	All associates

26	CBT Based	Decision Making : An art or a skill?	A session to understand the decision making process cognitively so as to enable better decision making abilities	60 mins	All associates
27	Lifestyle Management	From Balance Towards Burnout	An interactive Support session for associates to be able to understand and differentiate between fatigue and burnout especially as an outcome of the Covid pandemic waves , learn about the 5 stages of Burnout and also explore simple DIY techniques to manage the burnout	75 mins	All associates
28	Lifestyle Management	Coping with Crisis Fatigue	A specially launched session to understand and cope with the psychological impacts of recurring waves of the pandemic	60 mins	All Associates
29	Lifestyle Management	Power of Sleep	An interactive Support session for associates to be able to understand the factors affecting good sleep hygiene, impacts of sleep deprivation and explore effective techniques for improving sleep habits	60 mins	All associates
30	Lifestyle Management	Revenge Bedtime Procrastination	This session will help participants work towards identifying patterns that lead to Bedtime Procrastination and equips them with strategies to help control and change such patterns.	60 mins	All associates
31	Lifestyle Management	Are you working from Home or Living at Work? : Making the most of 'Home'	A specially designed highly interactive support session addressing work and home boundaries. Session also provides simple tips, knacks and mindfull approaches for managing time inside and outside of work	60 mins	All associates
32	Lifestyle Management	Effective Stress Management	A quick 'Distress Techniques' session for managing stress through simple DIY tips and techniques.	60 mins	All associates
33	Lifestyle Management	Effective Time Management	A newly designed interactive workshop for understanding the basics of Time Management, concepts of Time Wasters and effective tools, tips and techniques for Time Management specially during the WFH mode.	60 mins	All associates
34	Lifestyle Management	Time Management and Handling procrastination	A session to explore the underlying psychology beneath procrastination and time management concerns. It will address these issues from a cognitive process perspective and behavioral techniques used for specifically managing these issues will be discussed.	60 mins	All associates
35	Lifestyle Management	Decisions and choices	A session to empower participants to make better decisions and choices. The session will help people understand their decision making style, identify the biases in decision making and provide with strategies to improve their decision making style.	60 mins	All associates
36	Lifestyle Management	Embracing Mindfulness	A session to understand the concept of Mindfulness and ways to incorporate it into our daily lives	60 mins	All associates
37	Lifestyle Management	Mastering the Act of relaxing	A session which will help to focus on what's truly important for relaxation and Outline strategies to master the art of relaxation	60 mins	All associates
38	Meaningful Connections	Exploring relationships - Choosing the Right Partner	A session for single associates to guide them towards aspects of selecting the right partner based on their needs and wants in a relationship	60 mins	All associates
39	Meaningful Connections	Exploring relationships - Changing Paradigms during Middle Adulthood	A session to explore the evolving paradigms of relationships during middle adulthood, and understand how our changing self concepts impact our relationships	60 mins	All associates
40	Meaningful Connections	Exploring relationships - Changing paradigms during late adulthood	A session to explore and understand how relationship needs and wants evolve during late adulthood, and how these impact the way love is expressed in these years.	60 mins	All associates
41	Meaningful Connections	Exploring Relationships - Understanding Attachment Styles and Love Languages	A session to understand the concepts of attachment styles and love language, and how these impact our relationships.	60 mins	All associates
42	Meaningful Connections	Developing Healthy Friendships	A session to explore the wellbeing relevance of friendship and meaningful connections along with ways we can create a strong friends network	60 mins	All associates
43	Meaningful Connections	Managing Conflicts in Relationships	A session to understand the causes, implications and ways to manage conflicts in close relationships	60 mins	All associates
44	Parenting	Balanced Parenting	A session on exploring effective ways as parents to interact with your children, create structures that work and respond to difficult behavior .	60 mins	Focus Group Parents
45	Parenting	The Art of Guilt Free Parenting	A session on exploring the dilemmas of parenthood and managing the guilt associated while learning simple ways to create structures that work in good parenting.	60 mins	Focus Group Parents
46	Parenting	Reading your Teens' Mind	A support session for parents of teens to be able to understand and better connect with their adolescents , manage conflicts and respond better	60 mins	Focus Group Parents
47	Managers/Leads	Nourish Your Leaders	This session will journey into what stresses leaders undertake and ways to leverage positive psychology techniques to nourish their leader-self back to better health.	60 mins	Managers & Leads
48	Managers/Leads	Psychologically Safe workplace	This session will offer a clear understanding of what psychological safety is, what it is not and actionable steps to cultivate it within teams.	60 mins	Managers & Leads
49	Managers/Leads	Manager Sensitization Session	A session to help Managers understand the concept of mental health and also socialize them with simple Emotional First aid techniques and ways to support their teams in times of emotional crisis.	90 mins	Managers & Leads
50	Women & Wellbeing	Out of the Blues : Awareness and Support for New Mothers	A specially launched series for Women associates to be able to understand and seek support for post partum Mental Health issues	60 mins	Focus on Women Associates; All Associates can attend
51	Women & Wellbeing	Managing the Superwoman Syndrome	There are a lot of transitions that women are going through even with household responsibilities. With this talk, the participants would be made aware of what their pain points are and how can they effectively cope with these stressors and work towards a work-life integration even in a hybrid work set up.	60 mins	Focus on Women Associates; All Associates can attend

TCS CARES WELLNESS PACKAGES	
Package 1 : Crisis Support	
Session 1	Be Mindful about your Mental Health
Session 2	From Burnout towards Balance /Coping with Crisis Fatigue
Session 3	TCS Cares Awareness & Respond with Care
Session 4	Embracing Mindfulness
Package 2 : Effective Anxiety & Stress Management	

Session 1	Anxiety: Understanding & Managing It
Session 2	Effective Stress and Time Management
Session 3	Master the Art of Relaxing: Breaking the productivity fallacy
Session 4	Don't Believe Everything You Think
Session 5	Be Mindful about your Mental Health
Package 3 : Self Esteem Strengthening	
Session 1	The I in I Am : Self Concept, Self Esteem, Self Image
Session 2	Don't Believe Everything You Think
Session 3	The Art of defining Boundaries
Package 4 : Emotions Regulation & EFA	
Session 1	Anxiety: Understanding & Managing It
Session 2	Angry? Why?
Session 3	A Survivor's Guide to coping with Grief and loss
Session 4	Flourish through challenging times
Session 5	Be Mindful about your Mental Health
Session 6	TCS Cares Awareness & Respond with Care
Package 5 : Lifestyle Management	
Session 1	Anxiety: Understanding & Managing It
Session 2	Master the Art of Relaxing: Breaking the productivity fallacy
Session 3	From Burnout towards Balance
Session 4	Are you Sleeping Well
Session 5	Be Mindful about your Mental Health
Package 6 : Coping with Changes	
Session 1	Coping with Crisis Fatigue
Session 2	Embracing Life's Changes
Session 3	Turning the Page with Gratitude
Session 4	Embracing Mindfulness
Session 4	Be Mindful about your Mental Health
Package 7 : Parenting Concerns	
Session 1	Mindful Parenting
Session 2	Reading your Teen's Mind
Session 3	Be Mindful about your Mental Health
Session 4	Q&A with the Expert
Package 8 : Women & Wellbeing	
Session 1	The I in I Am : Self Concept, Self Esteem, Self Image
Session 2	Managing the Superwoman Syndrome
Session 3	The Art of being Assertive - for Women
Session 4	Be Mindful about your Mental Health