We are here to help.

From addressing organizational needs to overcoming personal challenges, we have the right solution for you.

WHAT WE DO

**Organizational Development**

Increase organizational effectiveness and health through planned interventions in the organization’s processes using behavioral science knowledge.

**Employee Assistance Programs**

Create a workplace support program designed to assist employees in resolving personal problems and/or work-related issues that may be negatively affecting your employee's job performance and well-being.

**Psychological Testing**

Benefit from the use of standardized tests and assessment procedures in the screening process for hiring and promotion; or enhance your case conceptualization for treatment planning and diagnosis to reach targeted goals.

**Counseling & Psychotherapy**

Engage in a therapeutic alliance with our psychologist to help you navigate negative emotions and transcend mental barriers that are keeping you from living life to the fullest.

**Telepsychology**

Access psychological care in the comfort of your place as  we deliver our services remotely through phone or televideo-conferencing applications; for various reasons such as location and availability, this is an option, too.

**Training & Seminars**

Equip your people with the skillset they need to perform their job well or improve your know-how on different topics that we offer. We also do training needs analysis (TNA), and development of intervention programs upon request.

**Teambuilding & Coaching**

Enhance team relationship and boost high team performance with structured learning exercises and one-on-one coaching as part of a long-term team development plan.