THRIVE360

WORKPLACE WELL-BEING

Help your people connect, recharge and thrive.

Psychological support. Creative wellness.
Shared experiences that bring teams together.



ONE WORKPLACE.
MULTIPLE PATHWAYS TO WELL-BEING.

From individual support to team experiences, make employee well-being a meaningful part of work.

Well-being, from every angle.

Five pathways to support people, strengthen connections and develop workplace skills.

01 Psychological support & workshops

Individual counselling • Group workshops • Stress management • Emotional intelligence • Behavioural development

02 Creative & experiential wellness

Art and mandala activities • Clay-based activities • Sound-based relaxation • Dance and movement

03 Sports & outdoor engagement

Golf clinics • Corporate cricket • Racket & Court Sports • Nature walks and forest immersion • Team-building and trust challenges

04 Mind-body wellness

Breathwork • Guided relaxation • Mind-body wellness sessions • Movement-based wellness

05 Corporate learning & development

Workplace communication • Work-life integration • Mental fatigue management • Online wellness seminars • Employee engagement programmes

Step away. Reconnect.

The Productive Pause

Give teams space to refresh their attention, build relationships and share experiences beyond the office.





Designed to encourage

Connection Shared participation and stronger social bonds.

Collaboration Opportunities to practise communication and trust.

Renewed energy A break from routine through movement and experience.

From a one-day event to an ongoing programme

Combine experiences, learning and psychological support to make well-being part of everyday work life.

People today.
A stronger tomorrow.

Thrive360 brings together psychological insight, experiential learning and meaningful employee engagement to support healthier, more connected workplaces.

Our leadership & facilitator team



Dr. Pinky Goswami

Lead wellness specialist
& consultant



Mr. Vikas Bhasin

Founder -
The Productive Pause

Build a programme around your team.

Tell us your team size, priorities and preferred timing.
Let’s discuss the right mix of support, learning and experiences.

CALL TO START A CONVERSATION

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