

Mind Sphere

Psychology

Company Profile



About Us

Our minds hold infinite power to create chaos or calmness in the world surrounding us. It brings people together or splits them apart...A sphere on the other hand always connects all the dots and binds them together. It keeps people together it can be viewed as a symbol of protection or as a holy halo around our imagination of God. Mind Sphere touches on every aspects of your life right from providing guidance to helping you unload the baggage you have been carrying around for a while now.

It encourages you to focus on the fire ball inside you and rebuild the bond with yourself. As a whole it as a closed circle of like minded people united over a common cause to protect your precious positive vibes. Our team is full of young passionate entrepreneurs, having 6+ years collective of experience in Psychology and Business. All are passed out from recognized universities with the gift of deep knowledge in mental Health & operating from different cities of India. And so we are able to serve you better in Pan India.



Our Services



Our Services

Psychological Counselling

Psychotherapy

Career Counselling & Assessment

Training & Development

Institutional Wellbeing

Fertility Counselling



1. Psychological Counselling

Counselling falls under the umbrella term 'talking therapies' and allows people to discuss their problems and any difficult feelings they encounter in a safe, confidential environment.

Psychotherapy is a collaborative process between a client and a trained mental health therapist which focuses on talking about variety of mental health concerns self exploration and dealing with life-stressors.

- ✓ Individual counselling
- ✓ Parental & child Counselling
- ✓ Couple counselling
- ✓ Fertility Counselling
- ✓ Group counselling



2. Psychotherapy

Psychotherapy at Mind Sphere goes beyond traditional talk therapy. We embrace creative modalities, such as art making, drama, movement, and expressive arts, to enhance physical, mental, and emotional well-being. Our goal is to help you transform pain into beauty and facilitate your journey towards healing and personal growth.

- ✓ Expressive Art Therapy
- ✓ Music Therapy
- ✓ Dance Movement Therapy
- ✓ Group Therapy
- ✓ Moment Therapy
- ✓ Mindfulness



3. Career Counselling & Assessment

Holistic career guidance and career counselling platform that promises to handhold you throughout your career discovery journey - from the time you sign up until you get into a career you love. We do this using a simple, four-step career guidance solution. Choose your perfect fit from 3 streams, 850+ courses and 12,000+ careers, and discover what will bring out the best in you.

- ✓ 8th – 9th Student
- ✓ 10th – 11th Student
- ✓ College Graduates
- ✓ Working Professionals



4. Training And Development

Employee training and development implies a program in which specific knowledge, skills and abilities are imparted to the employees, with the aim of raising their performance level, in their existing roles, as well as providing them learning opportunities, to further their growth. Training is purely job focused but development is psychology and soft skills oriented.

- ✓ Work Stress Management
- ✓ Motivation
- ✓ Work Life Balance
- ✓ Employee Counselling
- ✓ Team Building
- ✓ Leadership
- ✓ Parenting Style
- ✓ Life & Career Planning
- ✓ Brain Gym Program



5. Institutional Wellbeing

Collaboration is essential to success in any field, and psychology is no exception. By working together, we can bring together diverse perspectives, expertise, and resources to address complex challenges and develop innovative solutions. collaborate on advancing the field of psychology and promoting the well-being of individuals and communities.

We invite you to join us in our efforts to advance the field of psychology and promote positive change in our communities. Together, we can build a brighter future for all. We are thrilled to bring together professionals and organizations from various sectors, including the following:

- ✓ Hospitals
- ✓ Corporates
- ✓ Educational Institute
- ✓ NGOs



6. Fertility Counselling

Embarking on the Infertility and Parenthood journey comes with emotional complexities and important decisions. At Mind Sphere, we provide compassionate and specialized support throughout your fertility treatment.

Take the first step towards emotional well-being on your Fertility and Parenthood journey.

- ✓ Emotional Support
- ✓ Decision-Making Assistance
- ✓ Relationship Support
- ✓ Coping Strategies
- ✓ Post-Treatment Support



Mental Health For Everyone

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave. It revolves around our mind. Mental health does not mean just absence of any mental illnesses but it also focuses on being healthy minded and getting better day by day.

Everyone of us goes through several emotional problems daily, having a healthy mental health does not mean avoiding those issues but it means addressing those issues, accepting them and being able to manage them effectively.

Everyone of us is capable of managing our emotional and psychological issues by ourselves, we are not just aware of how. Everyone of us is capable of building ourselves into a more evolved and mentally healthy human being, again the question remains, how?. To get answers of these questions professional help plays an important role.

Through various techniques, tools, practices we can get better. It's definitely not an easy process but it's definitely worthy of doing. If we can keep our mind healthy, that is going to reflect on our physical health, and ultimately our growth and happiness. Mental health has to be our first priority cause come on, everyone deserves to be happy.



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Thank You...