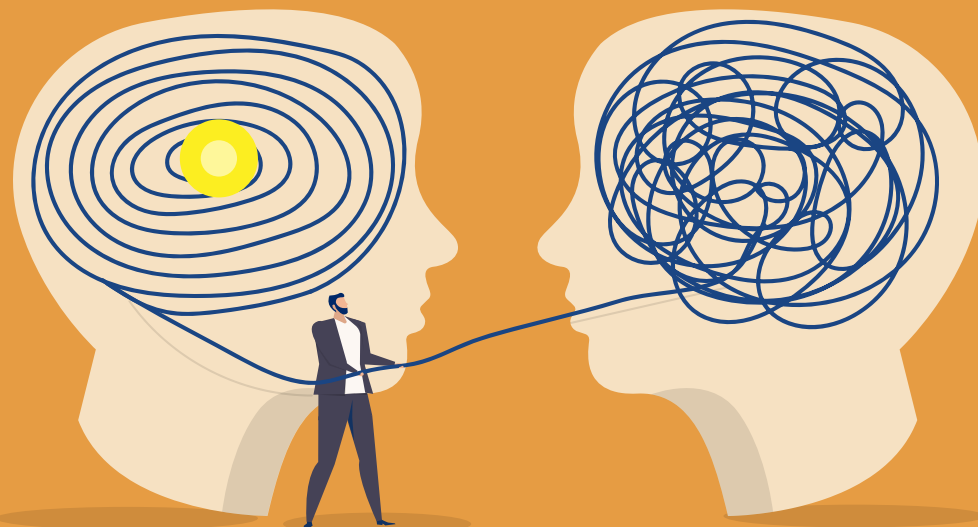




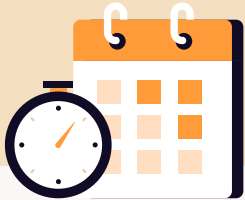
SILVER OAK HEALTH WELLNESS OFFERINGS

Silver Oak Health is Wipro's Resilience and Well-being partner. Silver Oak offers the below mentioned programs to our associates to ensure positive Mental Health.



GearUp

Your introductory connect with the Wellness team. The aim is to highlight the significance of Psychological and Emotional health in your work and life.



Frequency

Within the first month of onboarding

Group sessions

Once a month, 30-minute group session facilitated by one of your Wellness coaches with an intention to bring to you myriads of wellbeing topics with practical strategies and tips to implement them in your life.



Frequency

Monthly

Check in calls

Individual connects (10 to 15 minutes) with your Wellness coach to discuss the root causes of personal and professional concerns and subsequently explore alternative, healthy ways of coping.



Frequency

Monthly

Opt-in sessions

Masterclass

Voluntary 30-minute sessions are conducted weekly, which gives you an opportunity to discuss theme-related topics chosen basis the felt need.



Frequency
Once a week

Chill with coaches

In this session, the coaches select relevant movies and discuss about themes that stand out in the movie. The intent is for the associates to be able to open-up to the coaches and build rapport with them for better engagement.



Frequency
Once a quarter

Behaviour spotting

A Wellness coach facilitated session (30 to 45 minutes) for Team Leads and Group Leaders to help them identify distress amongst their team members by outlining specific behaviours and patterns exhibited by them as they go along their work and life experiences.



Frequency
As planned by Wellness Managers

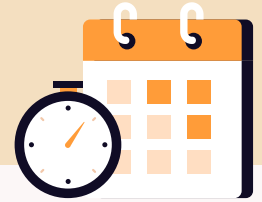


Accelerate up

Exclusive sessions curated for Team Leaders to create awareness on social and emotional aspects of team management. They aim to cover topics such as self-awareness, social awareness, self-management, relationship management & stress management.

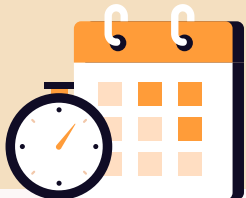
Frequency

As planned by Wellness Managers



Crisis Intervention

This informal discussion aims at engaging with the group to help them express/share their feeling, thoughts, and concerns that may have arisen after a critical incident. The idea is to also help the team understand the physiological and psychological impact of loss and share coping strategies to deal with the same.



Frequency

As planned by Wellness Managers

Amigo circle

This session serves the purpose of a support group for the teams in the organization to come together and sound off the common concerns and experiences to group-brainstorm on some best practices to overcome challenges.



Frequency

As planned by Wellness Managers



Wellbeing activities

(Open/opt-in sessions for target audience)

Customised interventions like Grief Support Groups which help build team's rapport with coaches to enable discussing their concerns in a safe space under professional supervision.

Frequency

Scheduled as per requirement



You got talent

A 60 minute fun session where employees get to showcase their talent in front of an audience without any judgement, shame, or discrimination.

Frequency

Quarterly



On-demand sessions



1 on 1 sessions

On-demand sessions counselling sessions (45 minutes) with your Wellness coach to discuss work and personal challenges, to track progress on action plan from the previous sessions (if any) and to ensure your stability and wellbeing.

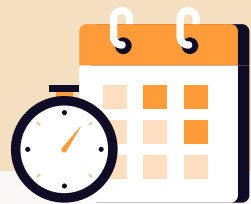
Frequency

Scheduled as per requirement



Debriefing Sessions

These sessions are designed to assess and capture the impact of the experiences that the teams undergo as a part of their daily content-moderation tasks. The goal here is to provide them with a safe space to ventilate and ideate effective approaches to support their psychological wellbeing.



Frequency

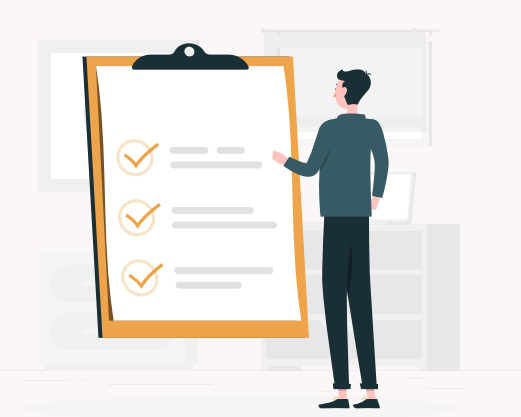
As planned by Wellness Managers

Rejuvenation room

A dedicated space to walk in at any point you feel overwhelmed or distressed. You can connect with your Wellness coach to vent out, seek support and rejuvenate during your work hours.



Availability
24/7



Surveys

Bi-annual surveys are conducted in order to gauge the well-being of our associates to provide timely intervention if necessary.

Frequency
Bi Annually



Exit support

Emotional support is provided to all associates for a period of 6 months from the date of their exit. The employees can avail 1-1 coaching sessions from the wellness coaches for personal or work related concerns.



Frequency
Monthly



You may reach us via Email ✉ gocoaches@silveroakhealth.com
or call us on 📞 **080-47484518** to schedule a discussion with
a Wellness coach