

# ONEIRIC

**Oneiric** means relating to dreams.

Every individual has a dream.  
Any organization starts with a dream.  
A dream to be somebody.  
A dream to do something.

Oneiric runs result oriented programs  
to help people reach their full potential  
and thereby realize their dreams.

A team of qualified professionals  
from the areas of psychology, occupational  
therapy, management and creative fields  
work together to ensure success.

# **THE MISSION**

## **Oneiric**

aims at creating  
holistic, personal growth  
to facilitate change  
and productivity.

It increases resources and skills in  
the human system to deal with  
different adjustive demands.

It harmonizes the mind, body and soul,  
enhancing life skills of individuals  
to match their potential.

Oneiric renders  
ongoing and long-lasting support.

# THE NEED

Employee attitude  
reflects the health of the organization.

Stressors ▼

FINANCES  
HEALTH  
FAMILY  
WORK  
ENVIRONMENT  
PERSONALITY

again  
increasing

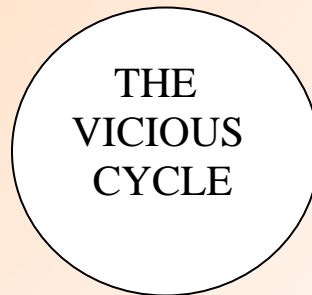
PRESSURE ON  
MANAGEMENT

← creating

LOSS TO  
ORGANISATION

increase ▼

PRESSURE ON  
EMPLOYEE



▲ causing

DECREASED  
WORK OUTPUT

provoking ▼

ANGER, AGGRESSION  
DEPRESSION,  
INDIFFERENCE  
RIVALRY, JEALOUSY  
POOR EXPRESSION  
FEAR, IRRITABILITY  
LETHARGY, PRIDE

leading to ►

ABSENTEEISM  
PROCRASTINATION  
RIGIDITY  
INTERPERSONAL CONFLICT  
TEMPERAMENT CHANGE  
ILLNESS, ADDICTION

▲ resulting in

## **WE MEET YOU HALF WAY...**

...not to manage your problem or stress...

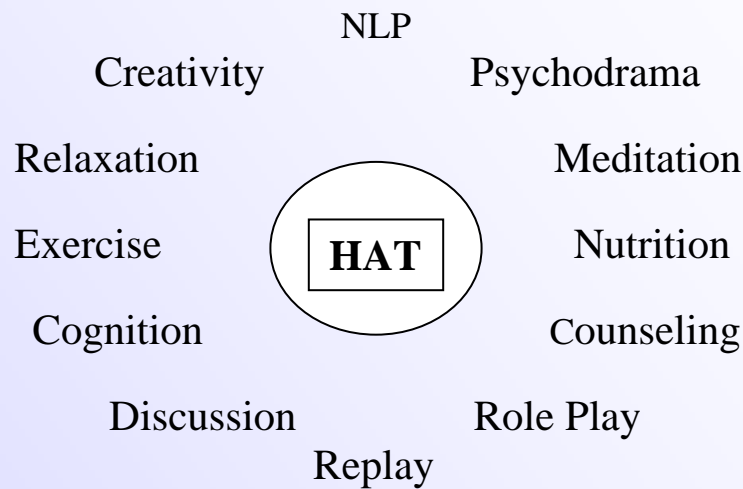
...but to help your team  
gain inner balance and work  
with calm confidence.

We understand your need.  
We provide a **Holistic Approach Therapy**  
on a continuing, on-going basis  
with your success as our vision.

## **WE EXPECT FROM YOU...**

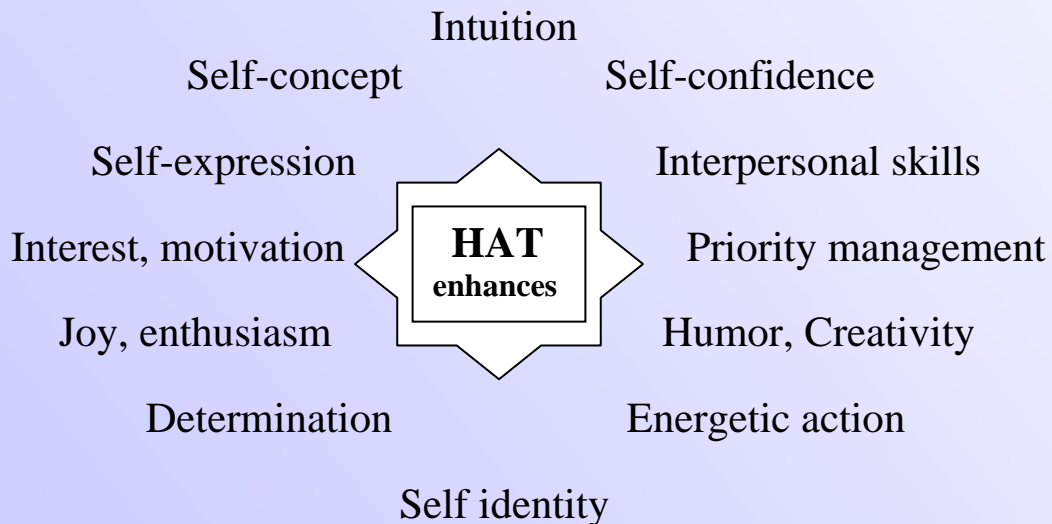
Motivated desire to gain from the program.  
Whole-hearted participation.  
And continued interest.

# HOLISTIC APPROACH THERAPY (HAT)



Relaxation : to undo the ramification of stress	Meditation : tapping the unconscious
Cognitive process : Mind work for neural changes	Psychodrama : self and space exploration
Creativity : freedom of expression, introspection	Role play : understanding and empathy
NLP : fast shifts of beliefs and behaviour	Replay : correction through identification
Exercise, Nutrition : clear blocks, energy build-up	Discussion : sharing ideas, brain-storming
Guidance and Counseling : group of services to help the individual as a unified whole	

**HAT programs are refreshing and exciting;  
 Create a sense of well-being and positive growth;  
 Benefits are internalized, therefore long lasting.**



# THE CHANGE

