

## 1. General counseling –Heart it out

Objective: Heart-it-out is a mental health and well being initiative by Yolo counseling. Our team of experienced psychologists caters to any help needed in running the day to day life. As mental health is as important as physical health we at Yolo provide customized individual support to every person who approaches us.

How we do it:

We are there for you to talk about your thoughts, feelings, ideas and concerns. We will help you sort out, organize, and make sense of your current well being, through assessments and scientific methods. We assess your environment and current challenges and empower you in optimizing your experiences and behavior.

### 1. Career counseling:

Objective: We support individuals aspiring to identify their dream career and also perusing a mid career shift.

How we do it: We identify their aptitude, interest and personality using scientific methods. Creating room for self exploration, make them understand the job market, define goals and help turn life themes into career goals are some of the features of this counseling.

Activities:

- a. Multiple intelligence
- b. Personality test