



honest
hour

SERVICE CATALOGUE



MIND



HOUR



CARE.
HELPING



LEAF.
FRESH. REBORN

Ready to nurture your wellbeing?

01 Mental Wellbeing

- A. Individual Counselling
- B. Couple Counselling
- C. Family Counselling
- D. Group Counselling

02 Physical Wellbeing

- A. Weight Management
- B. Rehabilitation

04 Spiritual Wellbeing

Guidance for changing yourself from within through mindset, inner healing, transformation, and spiritual wellbeing can be found through practices such as mindfulness meditation, therapy, self-help books, spiritual counselling, and holistic wellness programs

03 Sexual Reproductive Health

- ✔ Family Planning Counselling
- ✔ Contraceptive Counselling
- ✔ Prenatal and Postnatal Counselling
- ✔ Post-Abortion Counselling
- ✔ Sexual Health Counselling
- ✔ Reproductive Health for Adolescents
- ✔ Fertility Counselling
- ✔ STI/STD Counselling
- ✔ Menopause Counselling
- ✔ SRH Counselling for GBV



Corporate Services



In today's fast-paced corporate environment, employee well-being is paramount to fostering a thriving and productive workforce. Our comprehensive range of Corporate Wellness and Employee Support Services is designed to enhance the overall health and resilience of your team, contributing to a positive work culture and increased job satisfaction.

2.1. Employee Assistance Program (EAP): Our Employee Assistance Program provides confidential counselling and support services to assist employees facing personal or professional challenges. Through this program, employees can access professional counseling, legal advice, financial guidance, and other resources to navigate life's complexities.

Employee Counselling focuses on the mental and Emotional Well-being of the employees by providing a counselling service to those who need. Each session is conducted by professional counsellors, psychologists and psychiatrist to help provide with the support for employee well-being. The company has the freedom to choose from the 2 available packages according to the needs of the organization and the employees.

The two main available packages are Pre-paid and Contract Based EAP program. With the use of application, every employee will get their own wellbeing account to book for various types of wellbeing consultation and constantly be educated with resources of wellbeing. Our program covers the category of physical, mental, spiritual, sexual and reproductive health, and therapeutic wellness. Inclusive of free orientation, one mental health related workshop and one holistic wellness activity are offered during the contracted year of service. We tailor our services according to the organization's culture and requirement at our best.



Corporate Services



2.2. Well-Being Check-Up Program: Prioritize the health and happiness of your employees with our Well-Being Check-Up Program. Our Well-Being Check-Up Program is a comprehensive and personalized initiative designed to evaluate and enhance your overall well-being. It provides valuable insights and recommendations to help you lead a healthier, more balanced life.

2.3. Partnership Program: Collaborate with us through our Partnership Program to tailor wellness initiatives that align with your company's goals. Together, we can create a customized approach to support the unique needs of your employees and enhance overall workplace satisfaction.

2.4. Team Building and Nature Retreat Program: Promote team cohesion and rejuvenation with our Team Building and Nature Retreat Program. Engage your team in immersive experiences that encourage communication, teamwork, and a sense of unity, all within the refreshing backdrop of nature.

2.5. Holistic Wellness Activities: Integrate holistic wellness into the workplace with a variety of activities such as yoga sessions, mindfulness workshops, and fitness classes. Our programs cater to diverse preferences, ensuring that employees have the flexibility to participate in activities that resonate with their well-being goals.



Holistic Wellness Activities



No.	Topics
1	Zumba
2	Yoga
3	Mindfulness Meditation
4	Gratitude Meditation
5	Chakra Healing
6	Paranaya Breathing
7	Cosmic Inner Smile
8	QI Gong Breathing
9	Mindful Macrame'(Maximum 20 packs only)
10	Expressive Clay Art (Maximum 20 packs only)
11	Art Therapy (Maximum 20 packs only)
12	Therapeutic Journaling
13	Sound Healing (Maximum 20 packs only)
14	Mindful Stretching

Mental Health Related Workshops

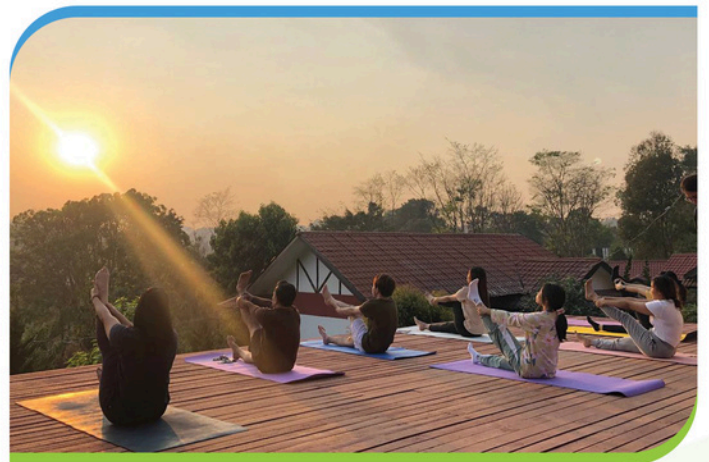


No.	Topics
1	Mental Health Awareness & Emotional Management
2	Stress Management
3	Building Resilience With Positive Psychology
4	Mental Health In The Workplace
5	The Art of Psychological Flexibility
6	Psychological First-Aid
7	Well-Being In Workplace
8	Harmony Within: Empowering Managers For Team Well-being
9	Calm Within Chaos: Techniques For Easing Anxiety
10	Empowerment Through Self-Esteem
11	Elevating Health
12	Restorative Nights: Sleep Well

Retreat Program



Retreat program is an organized outdoor experience designed to help individuals connect with nature and rejuvenate their minds and bodies. It typically involves activities such as hiking, yoga, meditation, and workshops focused on mindfulness, self-care, and sustainability. Participants stay in rustic or eco-friendly accommodations, surrounded by breathtaking landscapes and wildlife, and are provided with nutritious meals prepared with locally sourced ingredients. The goal of a nature retreat is to offer a respite from the stress and demands of modern life, and to provide an opportunity for people to slow down, recharge, and connect with their inner selves and the natural world



Live Classes



CERTIFICATE IN APPLIED PSYCHOLOGY

အသုံးချစိတ်ပညာဆိုတာ စိတ်ပညာဆိုင်ရာ အသိပညာတွေကို လက်တွေ့ ဘဝမှာအသုံးချပြီး အောင်မြင်ကျေနပ်စရာ ကောင်းတဲ့ ဘဝတွေရအောင် ကြိုးစားနေထိုင်သွားခြင်း ဆိုတာပါပဲ။

CERTIFICATE IN CHILD PSYCHOLOGY

သားသားမီးမီးတွေကို လမ်းညွှန်သင်ပြပေးတဲ့အခါ ကလေးတွေရဲ့ စိတ်နေသဘောထားနဲ့ သဘော သဘာဝတွေ ၊ ကလေးလေးတွေရဲ့ စိတ်ခံစားချက်ပိုင်းဆိုင်ရာ သဘောတရားတွေ ၊ ကလေးတွေ သင်ယူလေ့လာတဲ့ journey၊ ဖွံ့ဖြိုးမှု၊ တိုးတတ်မှု သဘောတရား ၊ ကလေးတွေရဲ့ အလေ့အထ၊ အပြုအမူပိုင်းဆိုင်ရာ အားလုံးကို သိရှိနားလည် နိုင်မည့် အတန်းလေး ဖြစ်ပါ တယ်။

CERTIFICATE IN COUNSELLING PSYCHOLOGY

စိတ်ပိုင်းဆိုင်ရာ ပြဿနာအခက်အခဲတွေကို Counsellor နဲ့ဆွေးနွေးတိုင်ပင်ပြီး အဖြေရှာလို့ရတာဆိုတာ သိလည်းသိ၊ ယူခဲ့ဖူးတာပဲဖြစ်ဖြစ် ကိုယ်တိုင်လည်း နှစ်သိမ့်ဆွေးနွေးမှုကို လေ့လာသိရှိလိုတယ်ဆိုရင်တော့ Introduction to Counselling Psychology အတန်းမှာ လေ့လာလို့ရပါ တယ်။



Live Classes



PRANAYAMA CLASS

Pranayama ဆိုတာကတော့ Yoga ကျမ်းအရ Prana (အသက်ဓာတ်/ဝင်သက်/ထွက်သက်), Yama (ထိန်းချုပ်ခြင်း / စီးဆင်းနေတဲ့သဘောဖြစ်ပြီး) Pranayama အသက်ကိုထိန်းကြောင်းခြင်း / ထိန်းချုပ်ခြင်း ဆိုတဲ့ အဓိပ္ပာယ်သာမက ဒီထက်ကျယ်ပြန့်လေးနက်တဲ့ အသွင်ကို ဆောင်ပါတယ်။

CHAKRA HEALING CLASS

Chakra Healing နဲ့ Cleaning ကိုကိုယ်တိုင်သာမက သူတပါးကိုပါ ပြန်လည်ကူညီနိုင်အောင် သင်ကြားပေးမယ့် Honest Hour ရဲ့ 12 ရက်တာ Chakra Healing ခရီးစဉ်ကြီး တစ်လျှောက်မှာ ခန္ဓာကိုယ်ရှိ Chakra System တစ်ခုလုံး အကြောင်း၊ ပရာဏခန္ဓာ၊ နဒီကြောတွေနဲ့ ချက္ကရတွေ ဆက်စက်နေပုံကို ရှေးဦးစွာလေ့လာကြမှာဖြစ်ပါတယ်။

MINDFULNESS FOR KIDS

ကလေးတစ်ယောက်ရဲ့ စိတ်ကလေးတွေဆိုတာ နူးညံ့စွာဖွံ့ဖြိုးတာကြောင့် ကလေးတွေကို အတန်းပညာရေးအတွက် ကျောင်းစာသင်ပေးရသလို သူတို့လေးတွေရဲ့ စိတ်အတွက်လည်းဖြည့်တင်းပေးရမဲ့ Mindfulness for kids။



Pre-recorded Website Classes



**PRACTICAL GUIDE TO
HEALTHY RELATIONSHIP**



**INTRODUCTION TO
CHAKRA**



**MASTER YOUR SLEEP
(INSOMNIA SUPPORT CLASS)**



**CHAKRA MEDITATION
CLASS**



**SELF HEALING
CLASS**

www.honestonlinelearning.com

Our Clients



Our Clients



SATHAPANA Limited Myanmar

A helpful training that helps modify the wrongdoings and better understands our mindset, attitude, physical and mental health, decreases pressure, stress and improves our wellbeing. Thank you so much for the effective workshop.



Plan International

This event makes me understand that everyone has their own problems and we need to sympathize with each other. We gained the knowledge of how we shall be mindful as much as we can, to release our stress and pressure, to control the hardships with a peaceful mind thinking, to improve self-love, and give time for ourselves, and most importantly how mental health is playing a crucial role in our life.



Denmark Embassy

Everything went well and got some guidelines for life!! We all people need to control ourselves, emotion and maintain them to be emotionally healthy. Thank you for starting something like this in Myanmar. It is going to be quite helpful for the community and society.



Religions for Peace-Myanmar

This webinar helps us for managing emotions, cope with work-related stress, guard against burnout, and overcome interpersonal challenges. Thank you very much for sharing knowledge for self-control as well. It helps us to improve our mental health at the workplace.



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