KnowThyWithin
Real conversations. Safe spaces.

FOR ORGANISATIONS

Your people are carrying more than they say.

KnowThyWithin creates safe spaces for real conversations at work: interactive events, ongoing Circles, and expert counselling when it's needed. So people feel seen and supported long before crisis.

₹1.1 lakh crore
a year lost by Indian employers to missed days, lost focus and people leaving
Deloitte, 2022

8 in 10
Indian employees reported a mental health concern in the past year
Deloitte, 2022

3 in 4
hesitate to say they're taking time off for their mental health
Naukri, 2025

US$1 → 4
back in health and ability to work for every dollar put into care for depression and anxiety
WHO-led study, 2016

What we bring

- **Interactive events** on stress, resilience and self-worth, habits, journaling. No slides.
- **Circles at work**: small groups that meet regularly around a shared experience.
- **One-on-one counselling** with KTW psychologists, counsellors and coaches.
- **Manager sessions**: how to notice, listen and know where to point people.
- **Wellness champions**: a friendly first door inside each team.

Why KTW

- ✓ **Conversation-first.** People take part, not just listen.
- ✓ **Experts in the room**, and reachable one-on-one after.
- ✓ **Made for Indian workplaces**, families and hierarchies.
- ✓ **Private feedback after every event**, and a summary for you.
- ✓ **Clear boundaries.** Events are not therapy; clinical needs go to the right professional.

How our partnership works

UNDERSTAND
A conversation about your people and what they're carrying.

BUILD ON IT
A pilot event, then a short series if it lands.

MAKE IT NORMAL
Circles at work, with counselling for anyone who wants it.

MAKE IT LAST
A plan for the year, reviewed with you as we go.

WHERE WE'VE BEEN

Stress Management and **Resilience & Self-worth** events for workplace teams, **The Paw Circle** with vets and pet stores. 14 events and programmes, 10+ experts, since 2023.

> "I didn't expect our team to open up like that in the first hour. People were still talking about it the next week."
>
> Punit, Founder, ThinkJS

Let's talk about your people.

No pitch deck. A short conversation, then a clear proposal for a first step.

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Sources: Deloitte India, Mental health and well-being in the workplace, 2022 · Naukri mental health at work survey, 2025 · WHO-led study, The Lancet Psychiatry, 2016. KTW is not an emergency service: in crisis call Tele-MANAS 14416 (free, 24×7) or 112.