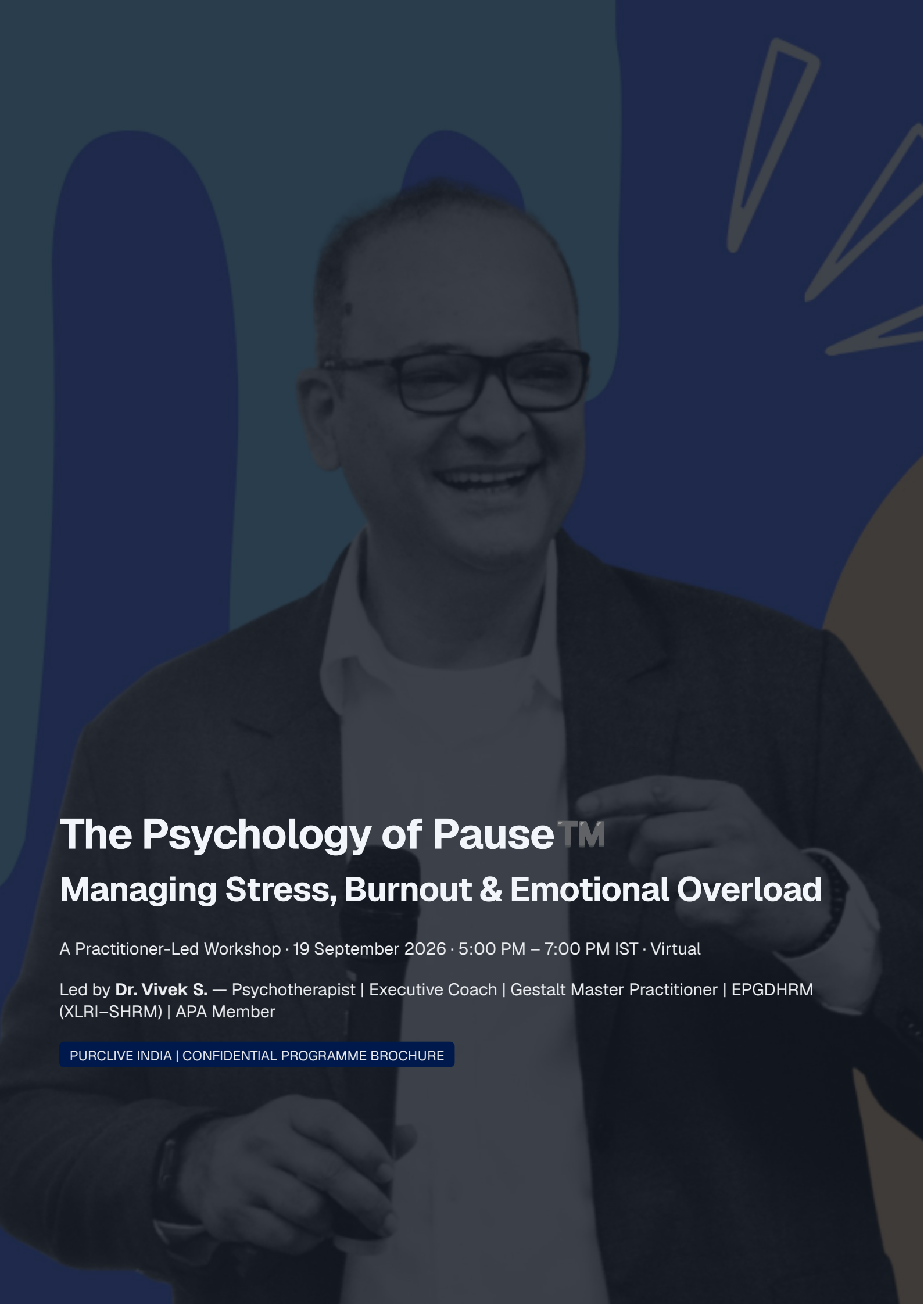




The Psychology of Pause™

Managing Stress, Burnout & Emotional Overload

A Practitioner-Led Workshop · 19 September 2026 · 5:00 PM – 7:00 PM IST · Virtual

Led by **Dr. Vivek S.** — Psychotherapist | Executive Coach | Gestalt Master Practitioner | EPGDHRM (XLRI-SHRM) | APA Member

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Program Overview

Walk away with a personal early-warning system for stress — and a set of tools you can use the same day, not just theory to think about later.

Burnout rarely arrives suddenly — it builds through weeks of ignored signals until focus, sleep, and patience finally give way. The Psychology of Pause™ interrupts that pattern using a structured 3-stage framework grounded in Gestalt therapy, CBT, and breathwork, delivered as a practitioner-led experiential session — not a lecture. Led by Dr. Vivek S., a practising Psychotherapist and Executive Coach with 25+ years working inside organisations like Deloitte, Tata Power, Flipkart, and Samsung, every tool taught has been tested with real leadership cohorts under real workplace pressure. Every participant also receives a complimentary **Leadership State Diagnostics™ Report** — a personalised snapshot of your current stress and leadership state, used as a live reference point during the session.

Who Can Attend

Working professionals, team leads, managers, and HR practitioners experiencing persistent work-related stress, overwhelm, or early signs of burnout. No prior experience with therapy, coaching, or wellness practices required — just an openness to self-reflection and practical exercises.

Program Structure

2 hours, single live session — guided reflection, two experiential exercises, one breathwork practice, and a closing Q&A.

Bonus: Free Leadership State Diagnostics™ Report for every participant.

Key Outcomes

- **Identify your personal stress signature and the early-warning signs you currently overlook**
- **Apply a 3-stage framework to interrupt reactive stress before it escalates**
- **Practice a 2-minute breathwork technique usable anywhere, including mid-workday**
- **Build a daily micro-practice that sustains energy without requiring major lifestyle change**
- **Receive a personalised Leadership State Diagnostics™ Report mapping your current stress and leadership state**
- **Distinguish healthy pressure from early burnout — and know which one you're facing**

Modules Covered

- **Understanding the Stress-Burnout Continuum**
- **Mapping Your Personal Stress Signature**
- **The 3-Stage Pause Framework — Recognise, Regulate, Return**
- **Breathwork for Real-Time Regulation**
- **Building a Sustainable Daily Practice**
- **Live Q&A and Personal Application Planning**

Program Highlights

Every participant receives a free, personalised **Leadership State Diagnostics™ Report** before the session begins

Framework developed and tested across corporate leadership cohorts, not adapted from generic wellness content

Led by a practising Psychotherapist, not a motivational speaker or life coach

Small-group format (capped at 45) ensures individual attention during experiential exercises

Register Now

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