



About us

Tattva Q Life Labs is an organization dedicated to helping people be happier, successful, inspired, loving, kind and more aligned to their higher purpose in life.

Tattva Q has been incubated by Strategic Interventions India P Ltd, a boutique business advisory firm. MSTQ Human Development Foundation is a social impact initiative of Tattva Q Labs dedicated to creating a larger impact in society.

For more details visit us on www.tattvaq.com or visit our facebook page.

Values

Trust	Love
Happiness	Truth
Infinite Potential	Diversity
Being Human	Creativity

Vision

Transform People to be their best.

Mission

Touch 10000 people every year and move them to lead an inspiring life.

Programs

- 24 x 7 Helpline for Emotional Wellness
- Life Coaching
- Counselling
- Focus Groups
- Open Workshops on Life Conversations
- Parenting

People don't always need advice – sometimes they just need a hand to hold, an ear to listen and a heart to understand them - Anonymous

Tattva Q Life Labs & MSTQ HD Foundation – dedicated to People

Tattva Q can be best defined as Tattva for truth, knowledge and essence and Q as the Quotient or a measure of tangible and intangible aspects of people’s lives such as success, happiness, intelligence, emotional well-being etc. Tattva Q Life Labs engages with organizations, institutions and their employees primarily in the Learning & Development space and aspects of Coaching & Employee Engagement.

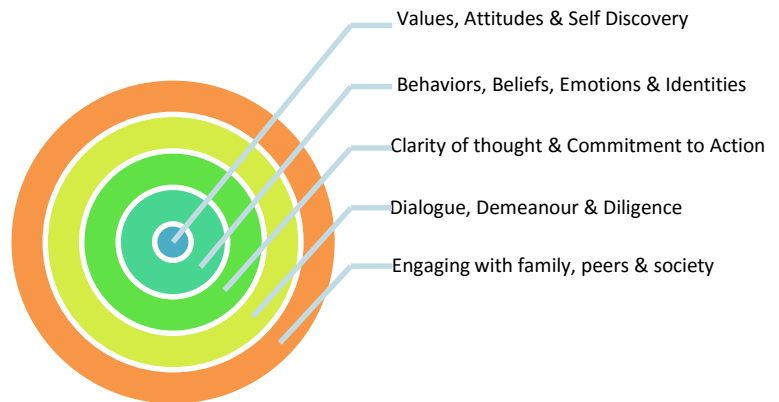
As part of its social outreach and CSR, Tattva Q Life Labs has established ‘MSTQ Human Development Foundation’ to provide programs for people that establish / re-iterate basic principles of life that are sometimes lost in crowded goals and confusion/complexities of modern life.

MSTQ or ‘Mystique’ as we like to call it helps people and families understand & appreciate life events and unravel their higher purpose in life.

Purpose - Primarily, we engage with people to help them resolve their important emotional issues relating to stress, anxiety, relationships, health and overall happiness.

Services - We provide support through life coaching, counselling and workshops for groups, families and individuals to help people discover powerful personal insights and find pathways and solutions to their problems.

MSTQ ‘Life Wheel’ © illustrated below represents of way of looking at people’s lives and how we address it through our interventions and facilitation.



How people can reach us – We have made it simple for people to connect to us through a 24/7 helpline 8088-559559 which is supported by dedicated volunteers who have a passion and commitment to help people find happiness and success in their lives. The helpline and volunteers are supported by the foundation grants and infrastructure support from Tattva Q Life Labs.



Impact areas

We have chosen specific impact areas based on our core competence which is working in the 'mental space' with people.

Our engagement in this space is done through the following interventions –

- Life Coaching for age groups of 18 and above
- Counseling Individuals, Couples and Families
- Affinity group focus groups on social challenges
- Women focus groups on emotional wellness
- Parenting workshops
- Referring affordable advisors and providers who can help individuals find long term solutions for health, wellness, financial and legal aspects

Program pivots

Our programs are designed around 2 primary anchors and are offered as reasonably priced services and packages to individuals –

#1 –24/7 helpline for Emotional wellness

The helpline provides a personalized and confidential space for people to open up and discuss deeply personal issues that impact their happiness & success.

#2 – Personal Excellence Center

This is a physical space where individuals can walk in and experience a range of services with our coaches and counselors that helps them focus on their inner being, life skill development, self-perception and self-expression.

#3 – Developmental programs

We offer on a pre-schedules basis workshops, labs and open programs to individuals and small groups always ensuring personalized attention as part of our group learning therapy.

Why we focus on Emotional Well Being

We call emotions as the sugar and spice of our lives. Without emotional content, human beings would be like robots.



We believe emotions have a powerful impact on our lives right from the day we are born. A good example is that of a baby whose cry brings everyone's attention in focus – without emotions this would not have happened.

Emotional well-being is significantly more than just handling stress. In a more positive way, it can be thought of as discovering 'Flow' or magic moments in our lives or in a negative way it can be thought of the way we have disempowering thoughts and conversations and days that can lead to health issues and personal trauma.

Emotional well-being – our impact areas

Our experience of working with people has helped us understand and address various aspects of people's lives – tangible areas where we assist / coach people include careers, money, skills, life goals, health, relationships etc. and intangible areas where we assist / coach people include thoughts, feelings, behaviours, beliefs, values and achieving a higher purpose.

Our service model

The essence of our program is based on a committed set of trained and certified volunteers who function as coaches, counselors and facilitators to individuals, families and groups to create, motivate and enrich the social fabric and just help people be happy, purposeful and successful every day.

The highlights of the program are:

- **Emotional Support:** 24x7 tele helpline, email & face to face sessions by committed and trained counselors & life coaches.
- **Family focus:** Family counselling, provide support in Geriatric Care (care for elderly people), women and teenagers.
- **Affinity groups:** These are focus groups for people of an age group or work group or social group that face similar challenges.

MSTQ Human Development Foundation

(a Tattva Q Life Labs Social Impact Initiative)
CSR Support by Strategic Interventions India P Ltd



Our Infrastructure

- 24/7 Helpline
- Personal Excellence Center
- Library
- Blog

Team Tattva Q & MSTQ

- Facilitators
- Coaches
- Counselors
- Trainers
- Volunteers
- Coordinators

Tools / Certification

- Assessments
- Coaching
- Counselling

Do not hate anybody, because that hatred which comes out from you must, in the long run, come back to you. If you love, that love will come back to you completing the circle.
- Swami Vivekananda



For details please contact

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Team

We have experienced practitioners who are skilled, certified and carry a combination of diverse operational and leadership experience coupled with extensive experience in life coaching for leading a balanced life. Our programs are context and culture sensitized for India.



Our view of CSR – Mental health

We believe that people are the most important resource in society. While a lot of CSR activity is traditionally directed towards tangible needs, we believe that the mental health of individuals and the society is of equal importance.

Our focus is to address mental health more from a happiness, success and emotional well-being space which require more proactive efforts through coaching, counseling and facilitation and most important a personalized human touch than looking at the issue as a medical /psychiatric intervention which is the traditional response of society.

Founder Trustees



Vidya Sri Yedavalli (Vidya) is a Life Coach, Behavioral Catalyst and NLP Master Practitioner with 22 years of mainly Retail Industry experience in leadership roles. She has facilitated several behavioral & leadership labs. Fascinated by the self-discovery path she had the opportunity to learn from various teachers and masters and that empowered her to share the knowledge and wisdom with other fellow passengers on self-mastery. Her interventions are thought provoking and inspire people to take actions in order to be successful leaders in their professional and personal life. She is also a natural clairvoyant and energy worker.



Ranganath Iyengar (Ranga) has over 26+ years of industry experience in leadership roles in large corporates. He has advised more than 130 organizations of various sizes across various industries. He has done significant work on Organizational Development which has included engagements in Strategic HR, Change management, Culture building, Coaching, Mentoring, Learning & Development, Functional and Senior leadership development, Business / People Excellence programs, Coaching and Mentoring. He has professional certifications in NLP, ICF, EQi and EFQM. He is also a member of IMCI.

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