

Devika B.

PEOPLE · PERFORMANCE · PURPOSE

A GUIDE FOR INDIVIDUALS, COUPLES AND CORPORATE EXECUTIVES

Working With Me

How sessions work, the formats available, and what you can expect from your first conversation onwards.



WELCOME

A first step worth taking

Thank you for considering working with me. Whether you are carrying stress, navigating a relationship, or supporting someone you love through a difficult time, reaching out is a meaningful first step. This guide explains how our work together is structured, so you know exactly what to expect.

Devika Biswas

HOW THE JOURNEY WORKS

Six steps, at your pace

01

Initial conversation

A short first conversation to talk through what is happening and whether this work is the right fit for you.

02

Understanding your situation

A detailed first session on your history, current challenges and goals. For couples, a joint session first, then a separate session with each partner.

03

Structured assessment

Where helpful, short and well-established questionnaires give a clearer picture of stress, anxiety or relationship patterns.

04

Feedback and plan

I share what I have understood, and together we agree a focus, an approach and a rhythm for our sessions.

05

Regular sessions

Practical, evidence-based work, with exercises to try between sessions so progress continues in everyday life.

06

Review

We check progress at regular points and adjust the plan as your situation and goals evolve.

SESSION FORMATS

Choose what suits you

One to one

Session length: 60 minutes

Private, focused sessions paced entirely around you and your goals.

1

First conversation

What is happening and what you hope to change

2

Detailed first session

Your history, challenges and goals, with short questionnaires if helpful

3

Feedback and plan

An agreed focus and rhythm for sessions

4

Regular sessions

With exercises between sessions and periodic reviews

Couples

Session length: 90 minutes

Joint and individual sessions within a structured framework for partners.

1

Joint first session

Your story and what brings you here

2

Individual sessions

One with each partner, separately

3

Feedback and plan

A shared understanding, together

4

Joint sessions

With exercises between sessions

Online

Platform: Zoom or Google Meet

The same depth of work from wherever you are.

1

Book and confirm

You receive a private session link

2

Prepare your space

A quiet, private room, headphones and a stable connection

3

Join a little early

A few minutes to check audio and video

4

The same journey

Sessions follow the same steps, with exercises shared digitally

In person

Location: Mohali and Chandigarh

A calm, dedicated setting, away from the distractions of everyday life.

1

Book and confirm

You receive the address and timing details

2

Arrive a little early

Time to settle in before we begin

3

Focused session

In a private room, without interruptions

4

Carry it forward

Exercises for daily life, with progress reviewed together

FOR ORGANISATIONS AND THEIR TEAMS

Corporate Group Sessions

Group sessions are offered exclusively to organisations booking for their teams. Each one is shaped around your people, the pressures they face, and what you want them to take away.

45 to 90 minutes

Online or in person

Group size tailored to your team

HOW IT WORKS

Four steps, built around your team

01

Direct discussion

A WhatsApp or email conversation about your team, its pressures and your goals.

02

Tailored proposal

A recommended format, group size and session length, with a clear quote.

03

Group sessions

Interactive workshops or group coaching, online or in person.

04

Review and follow-through

A review of impact, with optional executive coaching at individual rates.

FEES

45-minute sessions from **\$250 | INR 20,000** onwards

Each quote is tailored, and depends on:

- Session length
- Topic and level of customisation
- Location, travel and venue needs
- Pre-session surveys or assessments
- Number of participants
- Online or in person
- Number of sessions in the series
- Follow-up and executive coaching

Longer sessions quoted on discussion · Travel charged separately · All fees inclusive of taxes

Let's discuss your team

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YOUR CARE AND CONFIDENTIALITY

Safe, ethical, and private

Informed consent

We agree how we will work together before we begin, with both partners in couples work.

Clear confidentiality

I explain how confidentiality works, including how anything a partner shares individually is handled.

Secure records

Session notes and any assessments are kept securely.

Safety comes first

If safety concerns arise, they take priority, and I will help connect you with the right support.

CANCELLATION AND RESCHEDULING

Our session policy

- **24 hours' notice.** Cancellation or rescheduling requests are accepted only with at least 24 hours' notice.
- **No refunds.** All payments are made in advance and are non-refundable.

Special circumstances

Either you or I may cancel a session, with 24 hours' notice wherever possible, when:

- There is a risk to anyone's physical or emotional safety
- There are signs of abuse, coercive control or violence in a relationship
- A medical or mental health emergency arises
- You are not in a private, secure space where you can speak freely
- Confidentiality or data security may be compromised
- Someone does not feel safe or comfortable continuing in the current format
- A client attends under the influence of alcohol or other substances
- A bereavement or serious family emergency occurs

Where abuse or safety concerns arise in couples work, joint sessions are paused and safety planning takes priority.

PRACTICAL DETAILS

Good to know

Session length

One to one: 60 minutes
Couples: 90 minutes
Corporate Group: 45 to 90 minutes

Fees

One to one: INR 2,500 | \$35 onwards
Couples: INR 4,000 | \$60 per session
Corporate Group: INR 20,000 | \$250 onwards

Payment

In advance for all single sessions and packages

Package discounts

10% off packages of 12 sessions or more

Currency and taxes

INR for clients in India, USD for international clients.
All fees are inclusive of taxes.

Online sessions

Zoom or Google Meet

In-person sessions

Mohali and Chandigarh
In-person fees are confirmed when you book.

NEXT STEP

Book your first conversation



Scan to book, or visit

topmate.io/devika_biswas

WhatsApp +91 98366 75677 · enquiries@devikabiswas.com

devikabiswas.com

These sessions are not an emergency service. If you or someone you care for is in crisis, please contact local emergency services or a crisis helpline straight away.

Thoughtful work begins
with a thoughtful
conversation.

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