

VEENA UGARGOL

Workplace Wellbeing Specialist

CBT Psychotherapist | EMDR Therapist | Yoga Therapist for Mental Health

London, UK | UK-wide & Online Delivery

WORKPLACE WELLBEING PROGRAMMES

Designing evidence-based workplace wellbeing sessions that reduce stress, prevent burnout and support sustainable performance.

Integrating Cognitive Behavioural Therapy (CBT), neuroscience, trauma-informed practice and mind-body regulation tools.

CLINICAL EXPERTISE

- 10+ years NHS & private psychotherapy experience
- BABCP-accredited CBT Psychotherapist
- EMDR trauma therapy
- Anxiety, burnout, stress-related conditions
- Emotional regulation & resilience

CORPORATE EXPERIENCE

Aviva – Group HR, Organisational Development & Finance Business Solutions

French Connection & AllSaints – Buying & Merchandising

Understanding of organisational systems, performance pressure and workplace culture.

WORKPLACE WORKSHOPS

Stress, Burnout & Sustainable Performance

Practical tools for stress regulation and recovery.

Imposter Syndrome & Workplace Confidence

Reducing self-doubt, perfectionism and internal pressure.

Managing Anxiety & Overwhelm

CBT-based tools for workplace stress.

Nervous System Regulation

Breathwork and mindfulness for high-pressure environments.

Change & Uncertainty

Supporting teams through organisational transition.

CLIENT EXPERIENCE

Pfizer | Google | King's College London | The School of Life | GAP NYC | MoreYoga

APPROACH

Workshops are interactive, practical and evidence-based, combining psychoeducation with skills training.

Focus is on immediately applicable tools for stress regulation and resilience in workplace settings.

CONTACT

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