



# Talking Spaces

Meaningful conversations and beyond



## About

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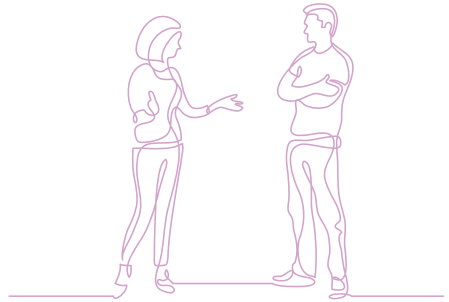
*Tranquil Minds* is an organisation conceived by professionals who have decades of experience in helping people to process and resolve their emotional issues. We, at Tranquil Minds have created **Talking Spaces** for clients who wish to talk about the ups and downs of their lives in a *safe,*

*confidential and non-judgemental environment.* These Talking Spaces are the result of hundreds of hours of brainstorming, research and clinical experience. This programme draws inspiration from various Eastern and Western schools of thought in conjunction with recent understanding of the neurobiology



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Life puts us through difficult times and very often, we do find it hard to discuss these with our loved ones. We may not be able to talk about our innermost thoughts and fears with our friends or family. We may feel alone and this is a very difficult place to be in. It can affect *our relationships at home and productivity & efficiency at work.*



It is in these times that we need to feel listened to- *“unconditionally and non-judgmentally”*. **Talking Spaces** is more about resolutions than solutions. It is about having a conversation about life’s uncertainties, off-loading some of that burden knowing that what is said will remain confidential.

Our experience of the present is coloured by our learnings from our past. **Talking Spaces** will help explore our present in the context of our past and instill hope for the future.





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