



EMERGING JOURNEY ASIA SDN BHD

Dr Sangeeta Kaur,
Founder & CEO

At **EMERGING JOURNEY ASIA (EJAsia)**, we strongly believe in “Inside-Out Growth”. We apply innovative and result-oriented approaches to support personal growth and organisation sustainability through psychological approaches. Customisation and technology play a key role in delivering our suite of services and solutions to help people and organisations overcome their challenges.

Our **iremya.com** supports and provides empowerment for mental and emotional wellbeing through a human-driven digital service. **iremya.com** is dedicated to normalising mental health and helping you to be the best version of yourself.

The vision is to create a world where everyone has an opportunity to live a healthy and fulfilling life and to make mental and emotional wellness accessible to all.

5 key features of iremya.com

- **Awareness** – Educational content, videos, articles and other resources
- **Assessment** – Range of assessment tools to help you understand yourself better
- **Mindfulness** – Experience 2D & 3D relaxation with guided narration for your wellbeing
- **E-Learning** – Learn, Unlearn and Relearn to better equip yourself with Mental Health and Emotional Wellbeing programs
- **Booking & Appointment**– Keep track of your scheduled counselling sessions with experts

EJAsia Product & Services

- **Talks / Webinar** - Financial Well-Being, Mental Health Awareness, Relationship to Self & Others, Mental & Emotional Resilience
- **Assessment** - DASS-21, Value Assessment, Personality Testing, Aptitude, Four Temperament, Mental Health Literacy, Happiness Index
- **Development** - Train the Trainer (TTT), Mental Health Advocacy, Transfer of Knowledge (TOK), Occupational Safety & Health, Psychological Occupational First Aid (PFA)
- **Intervention** – Supervision, Counselling, Focus Group, Group Session, Psychiatric Treatment