

# Wellness and Transformation at Work

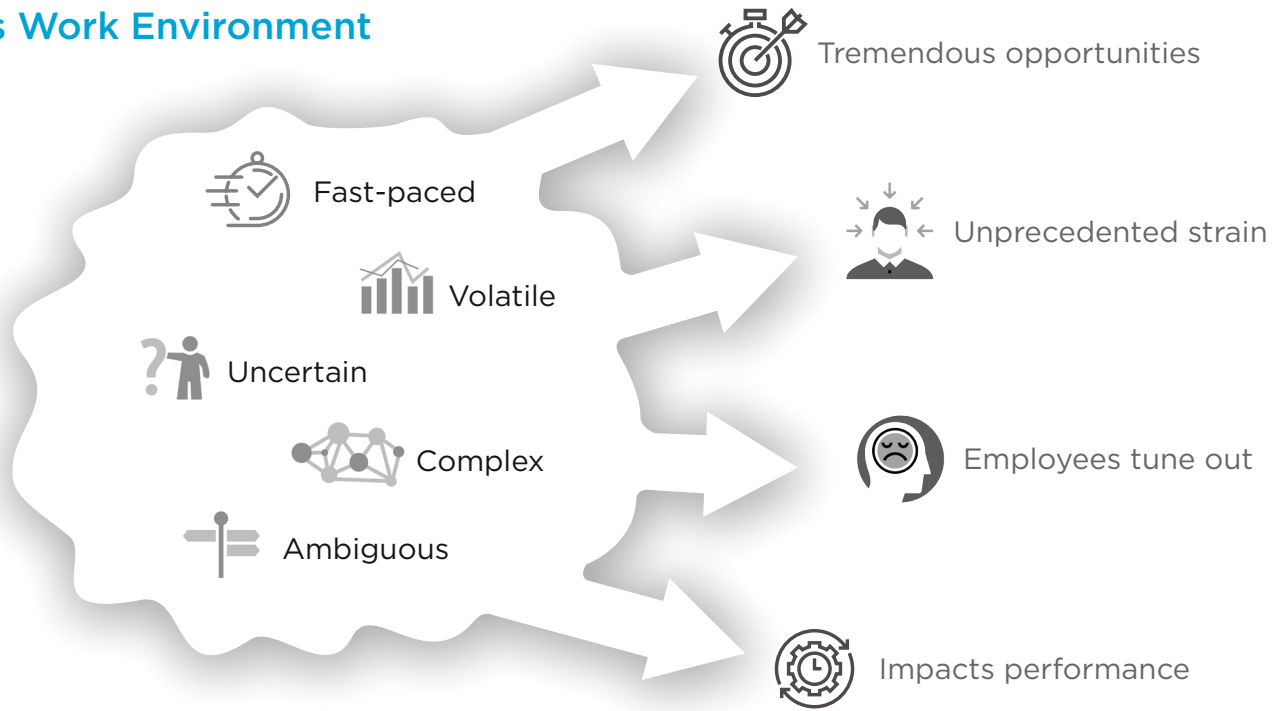
Efficiency • Effectiveness • Excellence



Inner Wellness is key to  
Organizational Transformation

heartfulness

## Today's Work Environment



96%

of senior leaders  
report feeling  
burnt out

- Harvard Medical School  
(2013)

78%

of companies identify  
stress as a top  
workforce health risk

- CDC (2015)

87%

of employees worldwide  
are not actively engaged at  
work

- Gallup (2016)

## The Remedy

Organizations are increasingly focusing on the need for individual health and well-being. There is a growing body of scientific research that confirms the efficacy of meditation in reducing stress, increasing focus, improving emotional intelligence and raising the quality of sleep.

The Heartfulness Institute offers a simple and effective approach to help organizations promote individual wellness and more.

## About Heartfulness

Heartfulness is a set of experiential practices such as relaxation and meditation to regulate the mind, build inner strength and develop habits to create a lasting sense of fulfillment and overall well-being.

- Simple and practical
- Easy to integrate into the busy professional life
- Experiential practice, the effect of which can be felt immediately
- Inclusive and secular
- Guided by certified Heartfulness trainers
- Beyond wellness, it supports inner transformation

## Heartfulness Practices



Do away with stress and anxiety to bring back a sense of calm, inner peace and well being, which is essential for holistic wellness.



Bring your mind to a state of focus and clarity to explore true inner potential. This is key to productivity and performance.



Clean the emotional impact of the day's activities and learn to 'let go'. This reduces worries and evokes feelings of lightness & joy.



Tune in to your heart to unlock inner qualities such as kindness, empathy & confidence. Embark on a journey of inner transformation.

## Heartfulness Programs

Heartfulness offers a wide range of thoughtfully designed programs for individual wellness and inner transformation. This translates into productive and engaged employees, who in turn, promote efficiency, effectiveness and organizational excellence.



**Experience Meditation**  
60 mins



**Perspectives at Work**  
Monthly Webinar



**Holistic Wellness**  
12 weeks x 60 mins / week



**Executive Program**  
10 weeks x 60 mins / week



**Wellness Retreats**  
1.5 days offsite



**Leadership Development**  
3 days offsite

and more...

**Apart from the above programs, Heartfulness Institute offers a comprehensive Wellness Blueprint for organizations.**

## The Heartfulness Experience

Heartfulness programs have been conducted in more than 1,200 companies across industries such as Aviation, Banking, Finance, IT, Manufacturing and Retail. Beneficiaries include Accenture, Arvind Mills, Cognizant, HDFC Bank, IBM, Indigo, Infosys, Loyal Textiles, Oracle, Reliance, TCS, Thomson Reuters and UCO Bank, amongst others.

Survey findings of 3,000+ people who participated in 230 independent Heartfulness events conducted across 34 organizations and 29 cities over a period of one year show that:

87%

felt calm and peaceful

79%

felt fresh and energised

84%

would recommend Heartfulness to others

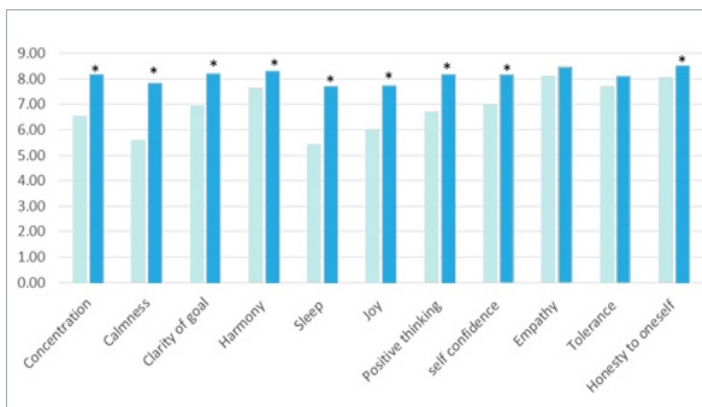
"I am delighted with the feedback that people are learning something new and are able to leverage the guided sessions to create more calm and balance in their lives and be more centered at work and home."

Susan Kelliher, Sr. Vice-President, HR, Chemours

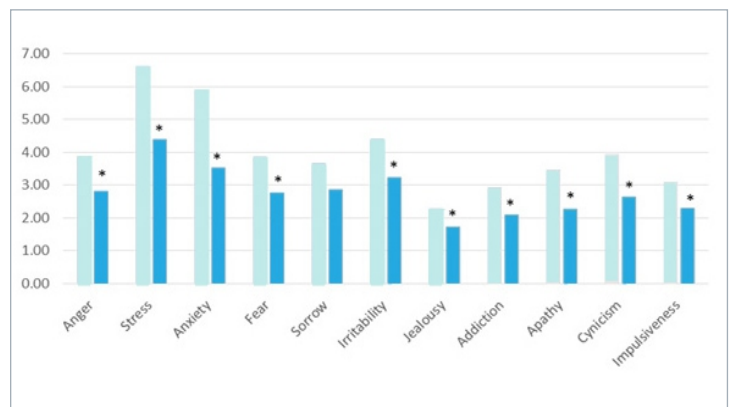
## Heartfulness Research

A study at *Wellspan York hospital*, NY, found that Heartfulness enhanced emotional wellness and reduced negative reactions in participants when practiced over a period of 12 weeks.

Heartfulness Enhances Emotional Wellness



Heartfulness Reduces Negative Reactions



■ Baseline ■ Week12 \*p<0.05

## About Heartfulness Institute

Heartfulness Institute is a non-profit organization, with over two million practitioners, in 130 countries. There are about 275 meditation and retreat centers, and over 10,000 certified Heartfulness trainers worldwide to support practitioners.

## Local Contact

