



## Holistic Wellness

Body • Mind • Heart

### The Need

Workplace demands combined with an 'always-on' culture is resulting in high levels of stress and burnout. Several research findings point to this:

- 78% of companies identify stress as a top workforce health risk (higher than obesity and smoking).
- World Health Organization has included burnout as a 'Occupational phenomenon' in the International classification of diseases.

Employee stress and burnout are severe impediments to organizational performance. Holistic wellness is fundamental to employee engagement and organizational productivity.

### About the Program

'Holistic Wellness' is a program that addresses the dimensions of Physical, Mental, Emotional and Inner wellness. This program combines understanding, experience and a systematic practice, designed to enhance employee wellness.

Our experience indicates that sustainable and lasting benefits accrue to practitioners over time. 'Holistic Wellness' is designed as a 12-week program, enabling interested participants to:

- Learn the Heartfulness techniques.
- Systematically integrate the practice into their daily lives.
- Derive benefits from the program.

## Program Execution

The program is offered over 12 weeks, with each session lasting 60 minutes. Infrastructure requirements include a quiet environment and audio-visual facilities. Interested employees across all levels of the organization are welcome to sign-up for this program.

## Program Content

These sessions follow a 3 x 60 minutes 'Learn to Meditate' program that introduces the participants to the Heartfulness practice, addressing the relevance of meditation in professional and personal life. The modules offered in this program are listed below.

### PHYSICAL HEALTH



#### Introduction to Yoga

An introduction to Yoga, harmonizing the physical body and brings our breathing to a rhythm. Includes practice of simple stretches and breathing exercises.



#### Sleeping Well

Sleep is imperative to physical and mental fitness. Understand how the quality of sleep is key to rejuvenate the body and impacts energy levels.



#### Eating Right

How we eat is as important as what we eat, when it comes to nutrition. Provides insight into how we can make our eating habits more conducive to wellness.

### MENTAL WELL-BEING



#### Declutter the Mind

Learn the Cleaning technique that allows us to 'let go' in an active way and experience an inner restful state, helping to increase clarity & confidence.



#### Self-Mastery

Explore the subject of how we can change and transform our inner selves towards excellence in every action, every dimension we operate in.



#### Develop Focus

A focused mind enables us to work effectively with high level of quality. Understand how thoughts work and how to regulate the mind to focus.

### EMOTIONAL INTELLIGENCE



#### Deal with Stress and Anxiety

WHO has declared stress as a world epidemic in the 21st century! Become aware of how stress impacts us along with tools to manage and prevent stress.



#### Relationships

Listening, communicating, empathizing with the Heart can go a long way in establishing strong foundations at home and at the workplace.



#### Work-Life Balance

Professionals are constantly striving to balance various demands. Understand what balance really entails, and how we work to achieve that state.

### INNER TRANSFORMATION



#### Self Awareness

Turn inwards to be aware of your thoughts, emotions and feelings. Explore different levels of self-awareness to enhance overall performance.



#### Inner & Outer Balance

Understand why nurturing inner development is foundational to achieving tangible, material goals in our lives.



#### Gratitude

Research indicates that a feeling of gratitude contributes to mental health. Learn to feel more positivity, better relationships and a healthy state of mind.