



**Objective: Increase overall productivity by bringing more energy into employee's life & achieve sense of well-being.**

Healthy workplaces can help to make businesses more productive and employees more engaged. We have created a series of Wellness Workshops that address some of the most common issues today around health and wellness. We understand the impact of optimal health has not only on the individual but on their contribution to the workplace as well. Therefore, promoting and supporting health in the workplace is not only common sense, but it makes good business sense too.

Diabetes is already a huge burden on the health care system in India; in addition, obesity and overweight can multiply the health risks by increasing cardiovascular mortality, heart attacks, hypertension and cancers etc. Few reasons of mental & emotional distress are Stress, anger, alcoholism, marital issues, ailing parents etc. *Holistique Solutions* would like to empower employees by creating awareness about mental & emotional well-being.

### **Benefits of a healthy workplace for employers**

- Improved work performance and productivity
- Reduced absenteeism and sick leave
- Decreased frequency and cost of workers' compensation
- Improved staff morale, satisfaction and motivation
- Improved corporate image & attraction/retention of employees
- Increased return on training and development investment

### **Benefits of a healthy workplace for employees**

- Increase in health awareness and knowledge
- Increase in emotional and mental wellbeing
- Improved morale, job satisfaction and motivation
- Improved opportunities for a healthier lifestyle
- Greater capacity to enjoy life both in and outside the workplace

### **WHY US?**

**Holistique Solutions** is an organization backed by industry veterans in their respective fields. With a combined experience of thirty plus years in the areas of consulting, counseling & coaching, we are passionate and committed about making difference in people's lives.. Our **Corporate Wellness Program** specializes in working with people who are interested in improving their physical, mental, and emotional wellbeing.

### **SERVICES OFFERED**

**Holistique Solutions** can provide your staff with an extensive range of services. We have designed wide variety of workshops / seminars for blue collar employees as well as for office staff, supervisors, managers & owners addressing different ways to achieve a mental & emotional state of well-being.

### **PRICING & RATES**

Group Seminar: Please contact Holistique solutions team for further details.

**Method:** Power point presentation + activities ( client need to arrange projector and a screen.)

<i>Sr. No</i>	<i>Topic</i>	<i>Outline of workshop</i>	<i>Time</i>	<i>Material (to be carried by the participant)</i>
1	<b>Personal Effectiveness</b>	a) 7 habits of highly effective people b) how to keep yourself fit (few Yoga Asana) c) Understanding the body-signals d) Impact of diet & nutrition on your mind.	1hr 30 mins. + Q&A	Notepad and pen
2	<b>Conflict Management</b>	a) Understanding Conflict and its effects. b) Acknowledging different styles of conflict management. c) Dispositional influences. d) Effective strategies of conflict management.	1hr 30 mins. + Q&A	Notepad and pen
3	<b>Stress Management</b>	a) Understanding Stress: Signs and symptoms b) Adverse effects: Physical and Psychological c) Coping mechanisms: Short term and Long term strategies d) Managing stress therapeutically: Inputs from Rational Emotive Behavioral Therapy	1hr 30 mins. + Q&A	Notepad and pen
4	<b>Team Building</b>	a) Understanding the concept of Team: individual v/s group effectiveness b) Knowing the Team working Skills c) Stages in Team-building d) Dealing with dysfunctional factors of a team.	1hr 30 mins. + Q&A	Notepad and pen
5	<b>Self Esteem and Self Awareness</b>	a) Understanding self -esteem: Positive self-concept and Self-image. b) Becoming aware of internal and external factors governing one's life. C) Learning ways to be in-charge of one's inner resources.	1hr 30 mins. + Q&A	Notepad and pen

Looking forward to a growing collaboration with your institution.

Amol Jambhekar