

THE WEAL-NESS HOUR

Designed to foster connection as much as individual growth, this program serves as an Employee Wellness & Team-Building experience that unites your workforce through shared wellness goals. In today's fast-paced world, taking a moment for personal growth is the ultimate investment. Hence this program, which is a unique blend of wealth, health & mental wellbeing would be a great fit for your team.

 1 Hour Duration  Format: Offline  Structure: 3 × 20-min Segments

HEALTH

20 MINS

Unhealthy food habits is a prime reason for low employee productivity. This training helps employees boost energy and focus by optimizing sleep quality and meal timing, aligned with circadian rhythms. It builds stress resilience and hormonal balance through practical nutrition strategies and mindful habits.

Conducted By: Supriya Vaidya

Background in Microbiology & Functional Nutrition (IAFM). Specialized in root cause analysis & lifestyle changes. Featured on Aakashwani & Vidyavaani Radio.

★ **Why attend: Elevate everyday vitality with science-backed routines & knowledge.**

WEALTH

20 MINS

Financial stress is a leading driver of workplace burnout. This program moves beyond traditional 'budgeting & investing' to address the root cause of financial friction: The Human Mindset. Employees will learn to navigate complex financial decisions with a clear framework, reducing decision fatigue.

Conducted By: Nikkhil Nerkaar

Engineer, MBA & NISM-certified Investment Advisor. Combines technical knowledge with a passion for helping others. Featured in several podcasts.

★ **Why attend: Learn how your brain tricks you into poor financial decisions.**

MUSIC

20 MINS

Can music and poetry deepen our spiritual well-being through connection, detachment and seeking truth? This session shows how melody and verse can help you unwind, reduce stress and restore balance at work.

Conducted By: Chentil R. Iyer

Founder of Horus Wealth & Wellness. Conducts 'Music for Wellness' blending melody with well-being to strengthen Mental, Emotional, Social, and Spiritual pillars.

★ **Why attend: Reconnect with your inner truth through music's transformative power.**

Key benefits for employees

- Reduced financial stress = higher productivity
- Lower turnover rates (28% improvement with clients)
- Stronger employer brand

As an HR leader you'll also gain

- Accomplishment on your professional record
- Higher employee engagement scores
- Tangible Metrics for HR Initiatives