

Since no two organizations are alike, MetroNirvana offers customized wellness solutions to your organization's needs after an in-depth consultation. Our programs meet the interests of employees' at all hierarchical levels in every organization steering towards the path of wellness. These programs are engaging, comprehensive, and presented in a manner relevant to current business scenario.

Our programs can either stand alone, or complement your other trainings as a blended learning solution. They can be conducted during a special event, business conference, orientation programs, employee enhancement programs, annual refreshers meet, weekend retreats etc.

Currently we are offering 4 different types of expertise:

- **Life coaching Seminars**
- **Experiential Workshops**
- **Renewal Retreats**
- **Counseling**

### **Life Coaching Seminars:**

Taking our vision of "wellness at the workplace", we conduct various specialized life-skill seminars from the corporate perspective. Each holistic seminar is for a minimum of **2 hours which can be extended up to 6 hours** as a one or multi-day program. These seminars bring about personal growth besides team building and corporate transformation – all leading to optimal business. The seminars facilitate change by inviting self-exploration, providing opportunities to share & discuss views and solving employees concerns.

### **1. Wellness and Lifestyle Management**

This program is designed to assist the participants to live wisely, thereby preventing illness and enhancing their wellness quotient. Here we initiate participants to be healthier and take control of their lives by striking a balance between the environment and their selves. Wellness is achieved not by practicing any single method, but by integrating a number of holistic strategies that work on the roots of ones physical, mental, emotional and spiritual potential. This seminar helps you find that unique combination that works best for you, as well as provides practical lifestyle solutions.

### **2. Stress Management**

In a fast paced and deadline-focused world of business, nothing is more important than signing the contract, getting the deal, or closing the sale. Employees regularly put in more than fifty hours of work, eat lunch at their desks, and often work at a burnout pace. Little do the employees and the bosses realize how this stressful work style leads to poor decision making skills, lowered productivity and morale, absenteeism and finally attrition! This seminar enables you to combat stress in very little time and effort and thus be more productive.

### **3. Work-Life Balance**

Often employees have much to do, too many priorities and too little time! They struggle to balance many responsibilities without cracking under the pressure. While there are merits to the work ethic, over-work takes serious toll on the quality of your employees' lives. One of the many ways for managing personal and professional life is to introduce the concept of Work Life Balance in the office. This concept benefits the company by improving productivity and instilling a sense of motivation and loyalty among employees. The program serves to bring balance into their lifestyle by:

- Helping re-assess values, attitudes and routines.
- Discovering that managing work, family, and personal life can be fun and easy.
- Achieving a stress free and healthier way of life

### **4. Quarter-life crisis**

Often attrition and poor productivity among employees who are between 20's and early 30's is the result of phenomena called 'Quarter-life crisis.' These relatively 'new' employees in the corporate world feel that one-fourth of their lives hasn't amounted to much, and thus struggle to find their place in the world. In the bargain they do not give 100% at work. Ignoring this crisis, often leads to mid-life crisis. Our persuasive workshop teaches how to deal with pressure in this period of anxiety, uncertainty and inner turmoil and clarify their life goals. All this leads these young employees to become successful managers and leaders of the future.

### **5. Mid-life crisis**

Many middle-aged executives between late 30s and 40s experience a period of stress, depression and career setback at the workplace. This period of dramatic self-doubt felt in the "middle years" forces them to look for more meaning in their lives. Often people make the serious mistake of trying to deal with these uncomfortable feelings by themselves. In this seminar we enable your employees to achieve clarity and a sense of direction in their personal and professional lives. This in turn helps them to enhance their work performance and quality of life.

### **6. Corporate Burnout**

If constant stress has left your employees feeling physically, mentally, and emotionally exhausted, they may be suffering from burnout. Burnout reduces your employees' productivity and saps their energy, leaving them feeling increasingly hopeless, powerless, cynical, and resentful. This burnout eventually threatens their job, relationships, and health. In our presentation, we help your employees put LIFE in a correct perspective and enable them to think in a clear and decisive manner so that they can tackle every situation more effectively.

### **7. Supernova Burnout**

Many senior executives reach the top of the corporate ladder and find that it was against the wrong wall! After slaving for years to get to the top, many of them find a cruel irony: They don't like it there or get a feeling of 'Is that all there is?' At first, the job may be rewarding, but then it doesn't bring them the emotional and psychological benefits they seek. And then they begin to burn out from this existential crisis. This presentation coaches the participants to avoid this trap and uncover their inner calling. And extricate those, who are going through this phase.

## **8. Women's wellness**

Today's career women are challenged by the demands of work and family life, coping in the male dominated corporate world, their sub-conscious core beliefs, issues of body image, difficulties achieving their life goals, etc. All this affects their performance at work. The seminar helps your women executives to reach their full potential by using holistic therapies and creative expressions which create positive changes in their lives. We ensure that the group's shared learning will easily translate to success back in the workplace.

## **9. Happiness at workplace**

Happiness is not something you find. It's something you create! There's a clear link between happiness at work and productivity. Does being productive make us happy or does being happy make us productive? This introspective presentation helps to uncover our inner state of happiness. In a world where money and material possessions are prized above all else, our seminar helps people realize that professional success by itself does not equal happiness. Through a series of creative action tools, we reinforce the steps to happiness at the workplace.

## **10. Spirituality at workplace**

The world of work is changing. People are searching for a greater purpose and meaning--both in their lives and their careers. Spirituality is entering and becoming an asset at the workplace. Value-driven organizations create environments that encourage personal fulfillment, and attract & retain employees who take greater pride in their work. This further helps the individuals to become empowered as an employee and an agent of change at the workplace and in the society at large. The seminar helps demystify spirituality into tangible actions and values that can be brought into work-life.

## **11. Anger Management**

When your employees are annoyed, irritated, angry, or frustrated, it damages your business. Their reaction is something we can help change. In our Anger management program series we not only teach how to manage anger but also go to the root of the problem to understand suppression of emotions and lack of love & protection. Participants learn to develop self-control over thoughts & actions and calming down tools that can be easily integrated into their daily lives.

## **Experiential Workshops:**

MetroNirvana helps achieve wellness through a patented modality called, *PowerJuvenation*. PowerJuvenation comprises a series of workshops that have been created for the hurried stressed out corporate executives, who want to be more productive! These proactive workshops help de-stress and rejuvenate in the shortest possible time.

Acting on the physiological, cognitive, behavioral and spiritual levels of participants, these workshops positively impact the attitude, morale, and loyalty of your employees. The workshops are for a minimum of **1 hour**, except the *PowerJuvenation-Plus* and *PowerJuvenation-Creative Expressions* workshops which are for 4 hours.

## **1. PowerJuvenation Plus**

Our flagship program 'PowerJuvenation Plus' is a 4 hour stress management workshop. Since there is no single remedy to combat stress, this integrated program takes into consideration the uniqueness of each participant and provides an array of eastern-western de-stress techniques. In this workshop participants are also motivated on striking work-life balance, and counseled on individual wellbeing and health.

## **2. PowerJuvenation Yoga**

The clinical precision of this yoga is extraordinary, yet it is simple and can be done at workstations with ease. This yoga session tackles specific work related ailments like Carpal Tunnel Syndrome /Repetitive Stress injuries (RSI), reduction in backache and headaches / migraines besides bringing about:

- Improved concentration
- A Calm and relaxed state of mind
- Weight loss and improved body shape
- Heightened energy levels throughout the day

## **3. PowerJuvenation Meditation**

Our specially designed Integrative body-mind meditation is extremely relaxing and can be practiced by your employees on their own, at their own pace. This meditation incorporates body relaxation, breathing adjustment, aromatherapy, mental imagery, and mindfulness training. This combination amplifies the training effect over the use of only one of these techniques. Research has shown tremendous benefits of meditation on managing stress, improving in work behavior and restoring overall wellness.

## **4. PowerJuvenation Breath Works**

Breath is the bridge between body, mind and emotions. By regulating the breath, you can shift from the state of being upset, fearful and angry to a calm, centered and balanced state. Our PowerJuvenation rhythmic breathing exercises help you become more alive and energetic. These breath workouts help control workplace stress, fatigue-factors as well as reduce body weight!!!

## **5. PowerJuvenation Naps**

- A perfect dose to a 100 hour week!!!

Research shows that employees in today's business world are not getting the basic sleep needed every day. This chronic lack of even a few hours of sleep at night, results in poor decision making skills and significant loss of productivity at the workplace. Your employee's lack of sleep makes them stressed and ironically they can't sleep when they are stressed! But there is a way out of this vicious cycle. We have developed a powerful sleep program called PowerJuvenation Nap. It's a combination of body relaxation, creative visualization & sensory sleep-inducing therapies and it works wonders! A 20-60 minute PowerJuvenation Nap recharges and re-energizes your employees and instantly improves their alertness, productivity and moods.

## **6. PowerJuvenation Creative Expressions-**

As children we easily expressed our emotions through creative activities. However, by the time we reach adulthood most of us stop expressing ourselves creatively without even realizing. Or we have hang-ups or fear of being judged for our creative outputs. This workshop is for those who want to overcome anxiety, stress or break their conditionings and bring out their inner child! In this workshop you express not through your mind but the ***inner being***. This is a perfect platform to rediscover the healing pleasure of creatively expressing yourself through dance, music, drama, poetry, writing and art.

## **The Renewal Retreat**

The Renewal Retreat is a great holistic break for those looking to de-stress and detox. This retreat is an opportunity to restore, revive and rebalance your life using various wellness and therapeutic tools. A day at the retreat helps you learn how to live a more balanced and fulfilled life. The retreat is also a good opportunity for your employees to get in touch with their needs, learn about managing their health, and feel invigorated. Whether new to holistic living, or looking to get back in touch, this retreat is a rare opportunity to achieve complete wellness within your employee's world. This Retreat is highly recommended for consulting firms whose employees work mostly off-site and can't experience wellness programs at the clients premise.

## **Counseling**

Sometimes, circumstances at home can spill over into your work life, just as difficulties on the job can affect relationships at work and home. If left unattended, issues that were once minor can become more serious and have a negative impact on your day-to-day functioning. When times get tough, we often benefit from talking through our problems with someone who is objective and professional. Our qualified psychotherapist listens to your employees (individuals, colleagues or workgroups) in confidence, helps to sort things out and finds optimal solutions.