

WELLNESS PROGRAMS

In this fast paced materialistic era, man is becoming a machine, producing material gains until the body breaks down.

Maximization of gain has become a sole criterion of successful life. Wellness or healthy life is an outdated paradigm.

A wrong paradigm is - to earn money at the cost of health than to invest money to restore your health but we should know that damages in health are irreversible. Consequently, people are becoming richer by wealth and poorer of health.

ABOUT OUR PROGRAMME

AIM has taken over the responsibility to imbibe the old age paradigm among all professionals those who cannot take care themselves due to their busy schedules Our Professional Wellness Training offers an integrated program for --

Mind | Mood | Body | Work | People | Organization

It focuses on how to use these skills in their own self-care and how to begin to integrate the techniques into ongoing work life.

It creates a wonderful learning environment, helping each individual to become more self-aware and more engaged in own self-care.

WHAT WE FOCUS ON?

- Holistic wellness - practical approach to great life
- Personal & Professional Excellence
- Work Life Balance
- How to Say goodbye to your stress?



To empower, educate and enhance the lives of the people through individualized wellness program.

This program will make you able to

- Recognize stressors and its root causes.
- Apply coping and counteracting skills in stressful situations.
- Understand the links of Mind, mood, work, people, stress and health.
- Learn about specific relaxation psychological techniques.
- Develop a action plan for managing stress
- Develop work-life balance habits
- Learn techniques to perform better at work
- Stay motivated with new routines and good habits
- Increased business performance, reduced staff turnover and absenteeism.
- Reduced healthcare cost , litigation's and absenteeism.

OBJECTIVES OF OUR PROGRAM

- To increase the wellness level in terms of satisfaction, happiness and personal productivity.
- To win stress enemy, by developing the right mindset and learning the coping skills
- To maximize productivity and staff engagement through wellness
- To maintain work life balance in all four life segments.
- To reduce absenteeism and increase engagement at work
- To reduce compensation, healthcare & litigation cost of the company

WHO CAN BE BENEFITED?

All professionals -- CEO's, general managers, business managers, leaders, employees or individuals from IT , manufacturing, process, hospital industries or any industry or company



Life excellence through well being

