

Wellness and Transformation at Work

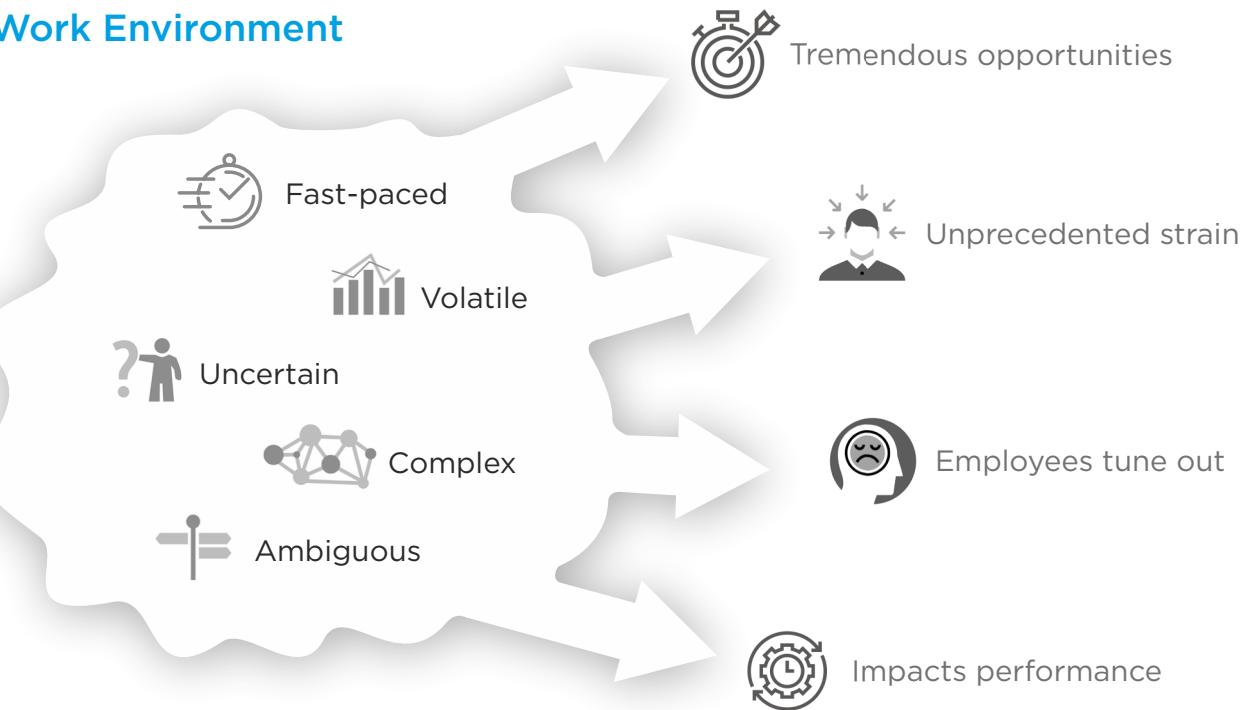
Efficiency • Effectiveness • Excellence



Individual transformation is key to
Organizational Transformation

heartfulness
purity weaves destiny

Today's Work Environment



96%

of senior leaders
report feeling
burnt out

- Harvard Medical School
(2013)

78%

of companies identify
stress as a top
workforce health risk

- CDC (2015)

87%

of employees worldwide
are not actively engaged at
work

- Gallup (2016)

The Remedy

Organizations are increasingly focusing on the need for individual health and well-being. There is a growing body of scientific research that confirms the efficacy of meditation in reducing stress, increasing focus, improving emotional intelligence and raising the quality of sleep.

The Heartfulness Institute offers a simple and effective approach to help organizations promote individual wellness and more.

About Heartfulness

Heartfulness is a set of experiential practices such as relaxation and meditation to regulate the mind, build inner strength and develop habits to create a lasting sense of fulfillment and overall well-being.

- Simple and practical
- Easy to integrate into the busy professional life
- Experiential practice, the effect of which can be felt immediately
- Inclusive and secular
- Guided by certified Heartfulness trainers
- Beyond wellness, it supports inner transformation

Heartfulness Practices



Do away with stress and anxiety to bring back a sense of calm, inner peace and well being, which is essential for holistic wellness.



Bring your mind to a state of focus and clarity to explore true inner potential. This is key to productivity and performance.



Clean the emotional impact of the day's activities and learn to 'let go'. This reduces worries and evokes feelings of lightness & joy.



Tune in to your heart to unlock inner qualities such as kindness, empathy & confidence. Embark on a journey of inner transformation.

Heartfulness Programs

Heartfulness offers a wide range of thoughtfully designed programs for individual wellness and inner transformation. This translates into productive and engaged employees, who in turn, promote efficiency, effectiveness and organizational excellence.



Experience Meditation



Perspectives at Work



Holistic Wellness



Executive Program



Wellness Retreats



Leadership Development

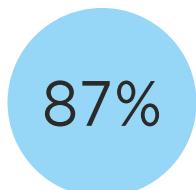
and more...

Apart from the above programs, Heartfulness Institute offers a comprehensive Wellness Blueprint for organizations.

The Heartfulness Experience

Employees from several companies across North America including Google, Amazon, Microsoft, Oracle, Intel, IBM, KPMG, Broadcom, HCSC, Micron, Trinet, General Motors, Expedia, and Walmart Labs have participated in the Heartfulness workshops.

Survey findings of 3,000+ people who participated in 230 independent Heartfulness events conducted across 34 organizations and 29 cities over a period of one year show that:



felt calm and peaceful



felt fresh and energised



would recommend Heartfulness to others

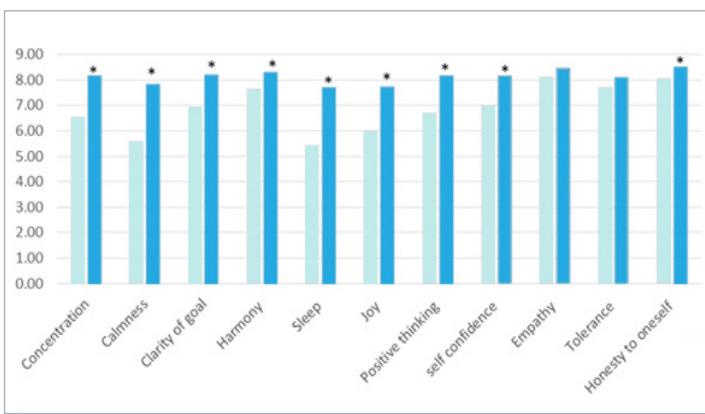
This is an amazing program that you have. All of the presenters were extremely professional, and I could feel the passion as they presented. I feel honored to have been a part of your program and would invite the Heartfulness Institute to come on a regular basis. I know there are many others who would enjoy the program.

Susan Kelliher, Sr. Vice-President, HR, Chemours

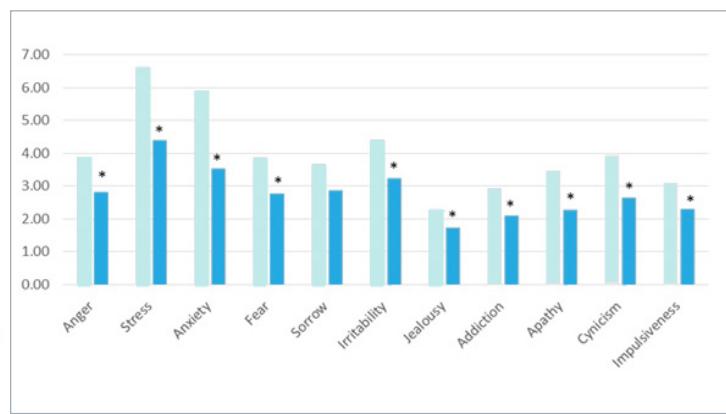
Heartfulness Research

A study at *Wellspan York hospital*, NY, found that Heartfulness enhanced emotional wellness and reduced negative reactions in participants when practiced over a period of 12 weeks.

Heartfulness Enhances Emotional Wellness



Heartfulness Reduces Negative Reactions



■ Baseline ■ Week12 * $p < 0.05$

About Heartfulness Institute

Heartfulness Institute is a non-profit organization, with over two million practitioners, in 130 countries. There are about 275 meditation and retreat centers, and over 10,000 certified Heartfulness trainers worldwide to support practitioners.

Testimonials from participants

- I started meditating to help reduce the stress of my busy job and get some balance in my life. The gifts include better management of my active mind, seeing the good in people and everyday experiences and an aspiration to be the best person I can be.
- Definitely good for anyone who has never tried meditation. It is very timely in the COVID crisis
- This was an amazing experience. I am grateful for it and feel as if a weight I knew I carried in my heart has been lessened.