

YOUR WELLNESS MATTERS!



WELLNESS WISDOM

Discovering Holistic Wellness – Online!

ONLINE RESOURCES

FOR YOUR
MENTAL HEALTH & WELLNESS

YES!

YOU CAN DEAL WITH YOUR

ANXIETY AND STRESS.



YOU HAVE **ONLY ONE LIFE!**

START MANAGING IT
AS EARLY AS YOU CAN!



BE THE BEST VERSION OF YOU!

Online resources for anytime, anywhere learning!

The Wellness Seekers Academy has been involved in Research and Development over the past seven years.

This has led to the creation of the Wellness Seekers program which addresses Mental Health & Wellness Concerns for individuals and organisations.

To enable sustained improvement in your wellness - we offer a series of courses, workshops, videos, interviews, articles, etc., around the 8 Dimensions of Wellness.

The first of these is the Foundation Course/workshop which is the ideal starting point for understanding the different wellness dimensions.



The 8 Dimensions of Holistic Wellness

- **Emotional wellness** – Achieving Emotional Stability
- **Physical wellness** – Maintaining Physical Fitness
- **Social wellness** – Developing Harmonious Relationships
- **Occupational wellness** – Achieving Career Growth
- **Financial wellness** – Gaining Financial Success
- **Environmental wellness** – Becoming Environmental Friendly
- **Intellectual wellness** – Enhancing Growth & Learning
- **Spiritual wellness** – Attaining Peace of Mind





ONLINE COURSES



WELLNESS WORKSHOPS



DISCOVERING WELLNESS SERIES



WELLNESS DROPS - VIDEOS




WELLNESS DROPS - PODCASTS




ONLINE COURSES

MENTAL HEALTH & WELLNESS



ENERGISE

**YOUR
HOLISTIC WELLNESS**



**FOUNDATION COURSE ON
THE 8 DIMENSIONS OF WELLNESS**

www.wellnesseekers.net

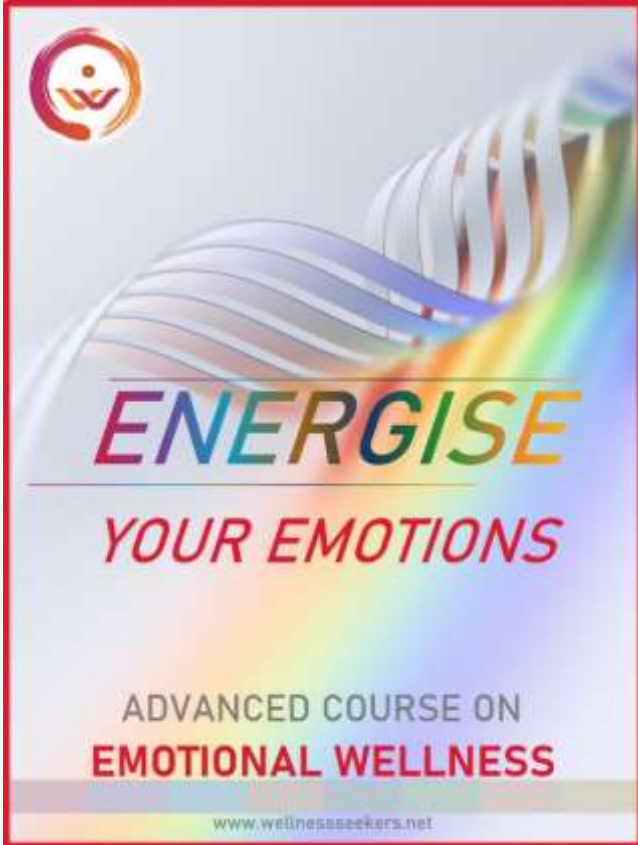
*Start your
learnings
here!*

The Foundation Course

The course helps you understand YOUR 8 Dimensions of Wellness and helps you better manage Wealth, Career, Relationships, Health, Peace of Mind amongst others.

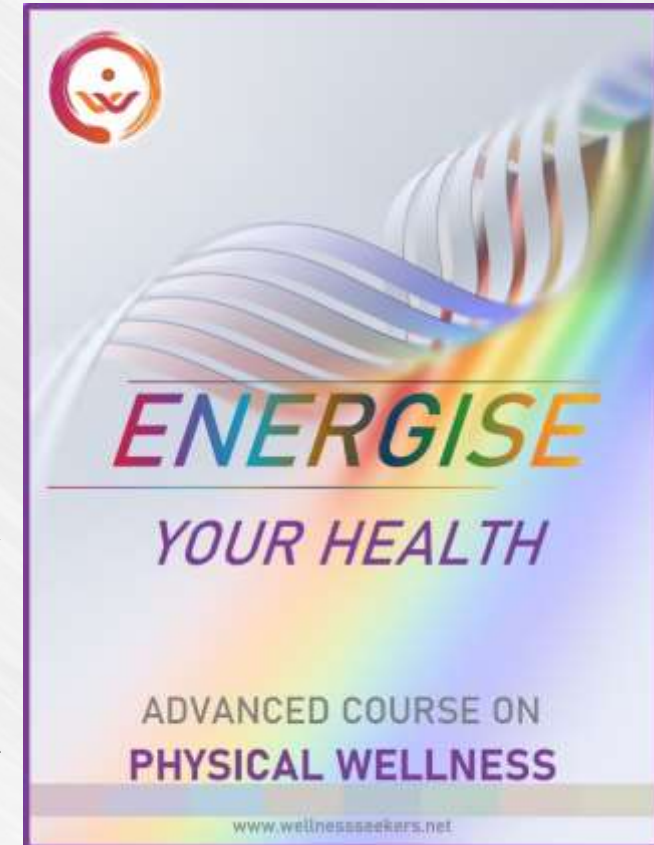


ONLINE COURSES



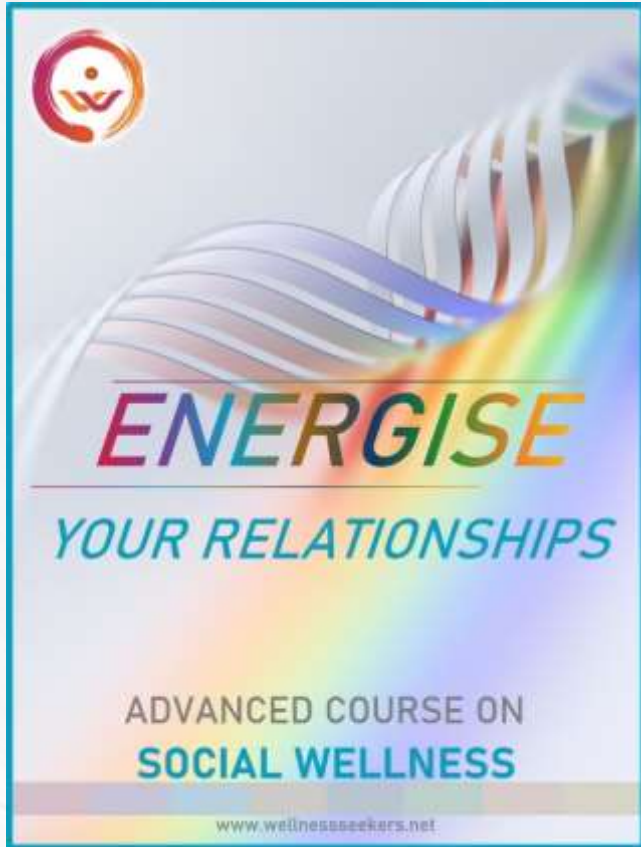
How to control & manage emotions, handle crises, mood swings, effective decision making, increase dependability, respect and become an emotionally stable person.

How to develop good habits, manage weight, have required control, and establish a disciplined lifestyle to have and maintain a healthy body.



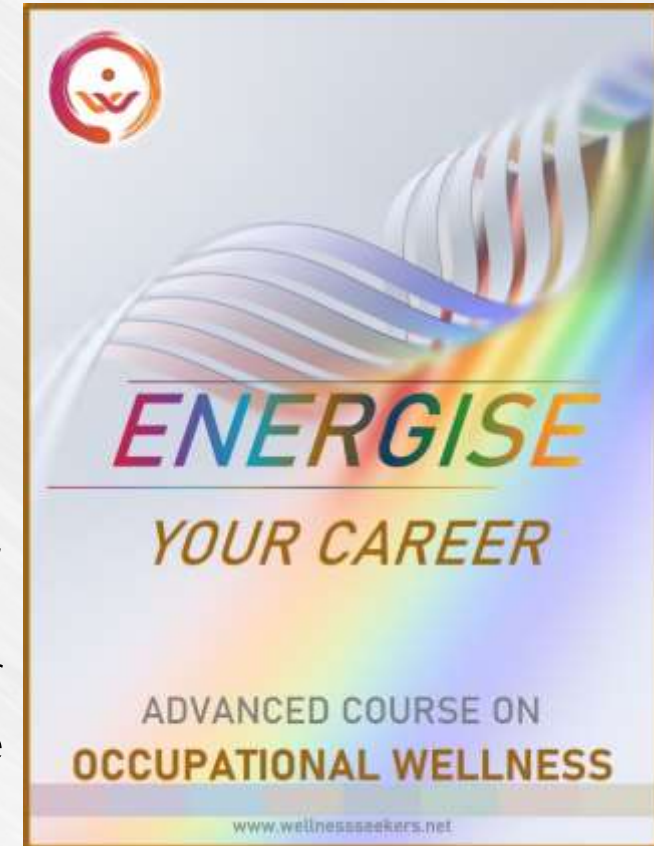


ONLINE COURSES



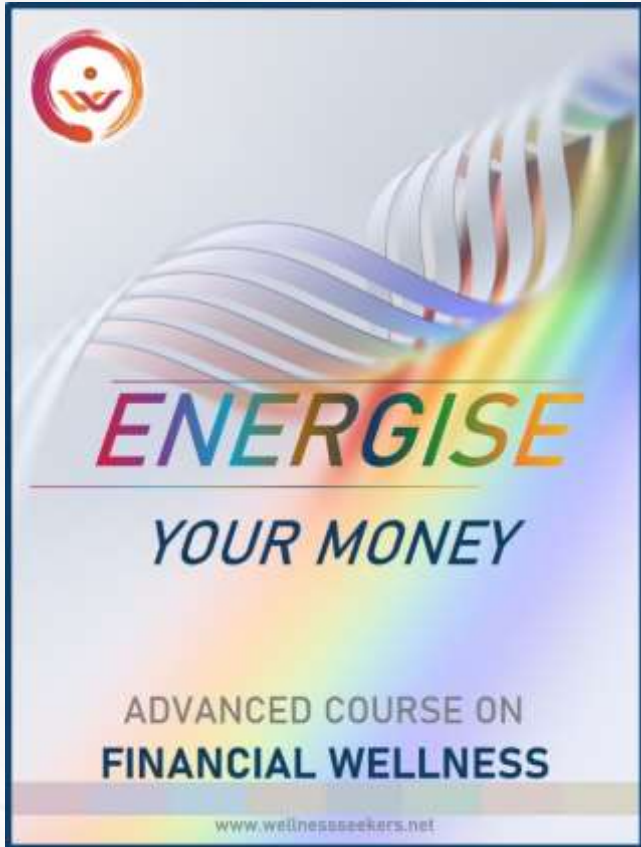
How to be a people's person, an active team player, and develop a universal connection to manage your relationships effectively.

How to derive job satisfaction, remain motivated at work and feel valued to increase your productivity and achieve professional growth.



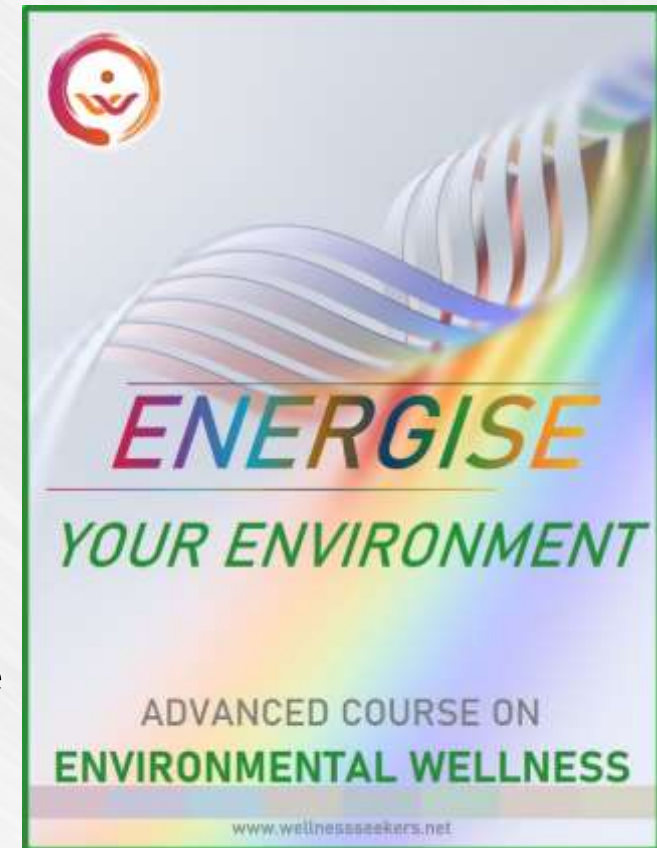


ONLINE COURSES



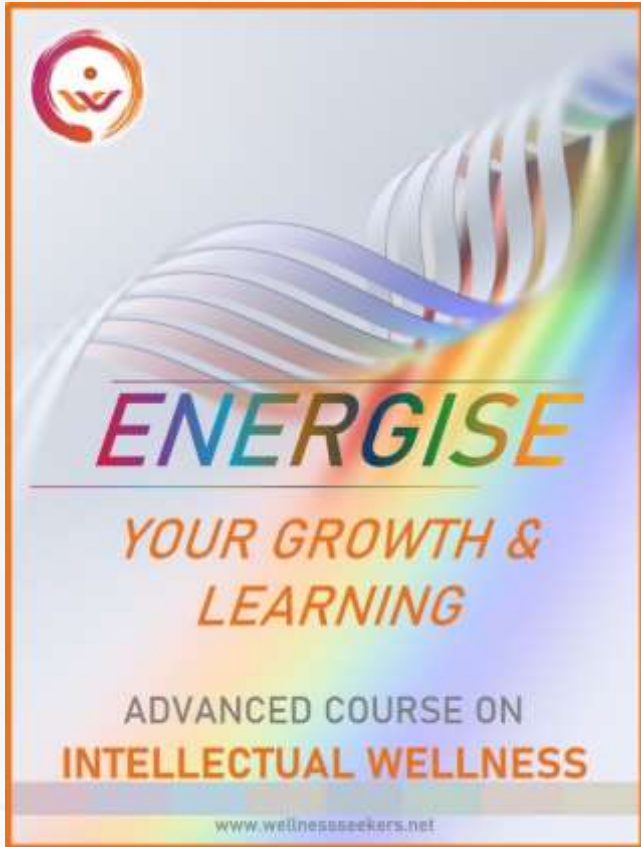
How to acquire financial knowledge, do future planning and take right financial decisions to make money and achieve your financial goals.

How to build environmental awareness, a connection with nature, reduce waste, and save natural resources to live in a clean and healthy environment.



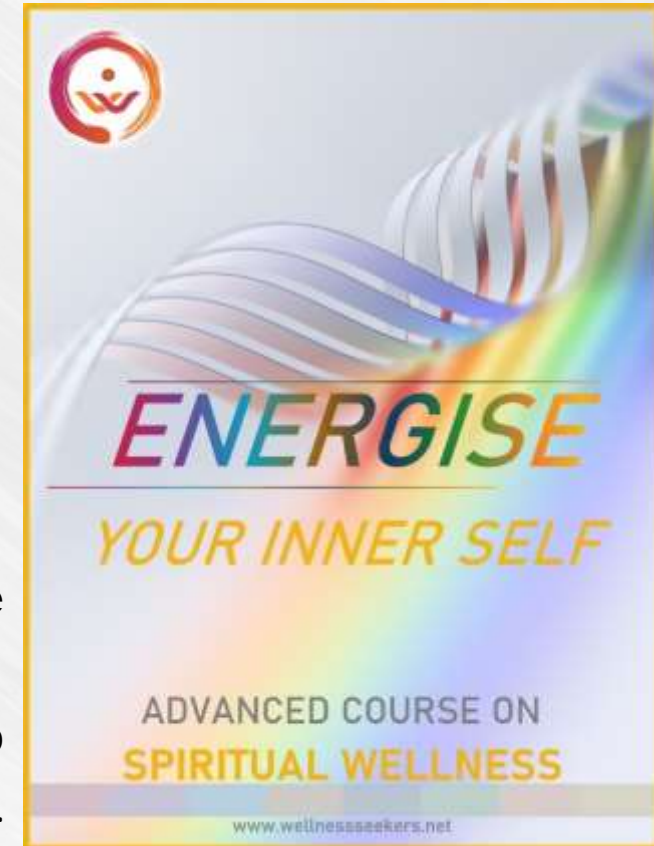


ONLINE COURSES



How to learn new skills, analyse and solve problems, and gain relevant knowledge to increase your intellect and creativity.

How to be optimistic, develop tolerance and respect for all, have required control, and gain spiritual knowledge to find inner peace and harmony.





▶ ONLINE COURSES





ONLINE COURSES

Course Highlights

CLICK HERE TO VISIT THE ONLINE COURSES



Faculty of
Wellness
Coaches



Unique
Curriculum



Monthly Live
Sessions



Wellness
Seekers
Community



Wellness
Self-
Assessments



Video
Lectures



SAT Toolkit



Alerts &
Notifications



Trusted
Content



Highly
Affordable



Bonus Offers



Learn
Anytime
Anywhere



WELLNESS WORKSHOPS

FOUNDATIONS OF THE 8 DIMENSIONS OF WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

MASTERING EMOTIONAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

01

How to control & manage emotions, handle crises, mood swings, effective decision making, increase dependability, respect and become an emotionally stable person.

MASTERING PHYSICAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

02

How to develop good habits, manage weight, have required control, and establish a disciplined lifestyle to have and maintain a healthy body.

MASTERING SOCIAL (RELATIONSHIPS) WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

03

How to be a people's person, an active team player, and develop a universal connection to manage your relationships effectively.

MASTERING OCCUPATIONAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

04

How to derive job satisfaction, remain motivated at work and feel valued to increase your productivity and achieve professional growth.

MASTERING FINANCIAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

05

How to acquire financial knowledge, do future planning and take right financial decisions to make money and achieve your financial goals.

MASTERING ENVIRONMENTAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

06

How to build environmental awareness, a connection with nature, reduce waste, and save natural resources to live in a clean and healthy environment.

MASTERING INTELLECTUAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

07

How to learn new skills, analyse and solve problems, and gain relevant knowledge to increase your intellect and creativity.

MASTERING SPIRITUAL WELLNESS

MENTAL HEALTH & WELLNESS WORKSHOPS

08

How to be optimistic, develop tolerance and respect for all, have required control, and gain spiritual knowledge to find inner peace and harmony.



▶ DISCOVERING WELLNESS SERIES



DISCOVERING WELLNESS
... Learnings from corporate wellness advisory ...

HOSTED BY: Sandeep Mathi, Chief Wellness Officer, Wellness Services Academy

ANCHOR EPISODE

EPISODE GUEST: Amit Mishra, Managing Wellness Specialist, Founder - Wellness Services Academy

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EPISODE 01

EPISODE GUEST: Sakshita Rao, Chairwoman and Head - Delivery, Wellness Services Academy

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EPISODE 02

EPISODE GUEST: Ajay Sharma, Head - Learning & Development, Veda Platform, Laxmi

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EPISODE 03

EPISODE GUEST: Chris Fisher, Managing Director, Smart Life CIC, Market & Learning Change

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EPISODE 04

EPISODE GUEST: Vishal Chandra, HRMS Management Consultant, Leadership Mentoring

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EPISODE 05

EPISODE GUEST: Chitra Bhargava Subbaraj, Health, Fitness & Wellness Specialist, www.wellnessadvisory.com

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EPISODE 06

EPISODE GUEST: Prachi Tanaka, Wellness Specialist, www.wellnessadvisory.com

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EPISODE 07

EPISODE GUEST: David Sankaranarayanan, Founder, HRMS Management Consultant, www.wellnessadvisory.com

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EPISODE 08

EPISODE GUEST: Devidhara, HR Specialist, www.wellnessadvisory.com



WELLNESS DROPS - VIDEOS



WELLNESS DROPS - PODCASTS



We also keep releasing very small clips of information on Mental Health & Wellness related issues. These come in both audio and video formats and are called **WELLNESS DROPS**.

You can hear the released podcasts here or **subscribe** to our Podcast and Youtube channels to keep getting notifications every time a new drop is released.

THE WELLNESS DROPS PODCAST CHANNEL 

THE WELLNESS DROPS YOUTUBE CHANNEL 

YOUR WELLNESS MATTERS!



*Start your journey!
Now!*





Let us **connect**, and **start** a possibilities conversation.

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