



HARMONY

A Journey To Sustainable
Employee Health And Wellness.

Employee Wellness Programs

by



WELLNESS SEEKERS ACADEMY

● ● ● ● **Measuring Happiness. Impacting Relationships & Growth...**



Employee Wellness Assessments lead to the creation of the State of Wellness Report for the Organisation which serves as the blueprint for Employee Wellness Program.



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The Path To Complete
Self-Awareness, Care, and Growth...



HARMONY

A SUSTAINABLE
HOLISTIC WELLNESS PROGRAM
THAT ENSURES A
25-35% IMPROVEMENT
IN THE OVERALL WELLNESS OF
THE EMPLOYEES.



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- ✓ 1. Emotional Stability
- ✓ 2. Health & Fitness
- ✓ 3. Relationships
- ✓ 4. Occupation / Career
- ✓ 5. Finances / Wealth
- ✓ 6. Environment
- ✓ 7. Learning & Growth
- ✓ 8. Peace of Mind

HARMONY addresses all 8 aspects of Mental Health & Wellness.

(A Majority Of The Existing Employee Wellness Programs Focus Mostly Only On The First Two Aspects.)



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ALL OF THESE ARE INTERDEPENDENT.
EACH ONE INFLUENCES THE OTHERS.
YOU **CAN'T ADDRESS A FEW** WHILE IGNORING THE REST.

PROGRAM OPTIONS



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1. Employee Wellness Program Design and Management
2. Dedicated Wellness Officer to manage the program
3. Wellness Self-Assessment of the Employees
4. State of Wellness Report for the Organisation
5. Holistic Wellness Orientation Program
6. Session on the relevance of the 8 Dimensions
7. Webinars on each Dimension
8. Workshops on each Dimension
9. Periodic Wellness Self-Assessment of Employees
10. SME led sessions on each Dimension
11. Online Courses on Holistic Wellness
12. Holistic Wellness Coach Certification Program (optional)
13. Wellness Sessions during team off-sites
14. Wellness Mentoring Sessions
15. Wellness Retreats (optional)
16. Annual Program Assessment Report
17. Annual Awards for top-achievers
18. Co-branded Program participation certificates

PROGRAM MODES



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A. SUSTAINED PROGRAM

- Integrated Program – hence creates better long term impact
- Implementation over 3 / 6 / 9 / 12 Months
- Highly customisable & scalable
- Pricing based on a per employee / per month subscription model
- Starts as low as Rs.400/- per Employee
- Requires 3-4 hrs time spend per month

B. INDIVIDUAL MODULES

- Each module is available individually
- Can be delivered Online or On ground
- Each program priced individually
- Build your own integrated wellness program
- Select only programs as needed

PROGRAM BENEFITS

1. Have a Holistic Approach To Wellness
2. Reduce Employee Anxiety And Stress
3. Contribute To Professional Growth & Success
4. Measure Employee Wellness Across 8 Dimensions
5. Increase Productivity
6. Enhance Employee Retention
7. Enhance Employee Morale & Organisational Image
8. Plan The L&D Calendar Based On Wellness Data



HARMONY

MEASUREABLE
IMPACT
ASSESSMENT

WELLNESS
LINKED TO
PRODUCTIVITY

ADDRESSES
INDIVIDUALS,
GROUPS, TEAMS,
AND
ORGANISA-
TIONS

INPERSON,
ONLINE, &
HYBRID
MODELS

FOCUS ON
HOLISTIC
WELLNESS

RESEARCH
BASED
& KNOWLEDGE
DRIVEN

PROGRAM DELIVERED BY



HARMONY



WELLNESS SEEKERS ACADEMY

About Us

- Our programs are the **result of over 7 years** of study, research, surveys, workshops, and more.
- **Extensive engagements** with individuals from different professions and age groups that provided valuable insights into unique challenges and needs for holistic wellness.
- Core team at Wellness Seekers Academy possesses **over 3 decades of collective corporate experience** in people-centric roles.
- Programs **tailored to meet specific requirements** of individuals and organisations.
- Carefully crafted programs **backed by a wealth of knowledge**.
- Designed to **deliver tangible results** and empower individuals and organisations.

Our work on Holistic Wellness addresses...

Individuals, Academic Institutions, Organisations, and States/Countries.





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

Website: www.WellnessSeekersAcademy.com

Email: connect@wellnessseekersacademy.com

Phone: +91 96548 89815



HARMONY

Start your journey today....

CALL / WHATSAPP | +91 96548 89815