

LECTURE SERIES CONTENT OUTLINE

Lecture 1: Introduction: What does the word Wellness actually mean?

- Definition of Wellness and why is it a journey?
- Description of the 5 components of Wellness- The physical, the nutritional, the mental, the emotional and the spiritual
- Description of the current prevalence of heart disease, diabetes, hypertension, depression in India
- Description of powerful health strategies developed from the latest research in Preventive medicine for enhancing Wellness.
- Demonstration of a *Yogic breathing exercise* that employees can do for de-stressing in the work place

Lecture 2: Physical Wellness: is about movement and not about how great you look

- Definition of physical wellness
- Description of the kinds of movement that constitute physical wellness
- Description of the correlation between physical wellness and disease with evidence from latest medical research. How each type of physical movement, whether its yoga or walking, is associated with reducing the risk of or preventing various illnesses.
- Description of powerful strategies for enhancing employee physical wellness

Lecture 3: Nutritional Wellness- a lifestyle choice and not the same as dieting

- Definition of Nutritional Wellness.
- Description of a balanced diet based on the latest medical research while debunking out dated ideas on balanced diets.
- Description of the various illnesses and ailments associated with a lack of nutritional wellness
- Description of the dietary and lifestyle patterns of Urban Indians and how harmful these are for wellness and health.
- Description of powerful strategies in nutritional wellness that employees can easily incorporate into their lifestyles.

Lecture 4: Emotional Wellness- Our feelings motivate our thoughts and our actions

- Definition of Emotional Wellness and why it is important to be emotionally well to lead a long and healthy life.
- Description of the four basic emotions and the role they play in illness based on the latest medical research
- Description of the Keirsey Temperament Sorter test and its importance to organizations
- Description of how friendships are important in maintaining emotional health and why seeking help is a sign of strength
- Description of powerful strategies on how the four basic emotions can be handled appropriately.

Lecture 5: Mental Wellness- Our thoughts direct our experience of reality

- Definition of Mental Wellness and an explanation of how its linked to physical levels of energy and overall health based on latest medical research
- Description of how the urban lifestyle affects our Mental Health in a negative way
- Description of destructive thought patterns and the powerful tools that employees can use to change these thought patterns.
- Discussion of the importance of brainstorming and the power of guided imagery based on recent medical research
- Session in teaching employees *Guided Imagery*- a powerful technique for de-stressing in the work place

Lecture 6: Spiritual Wellness-Nourishing yourself is the best preventive medicine currently available

- Definition of Spiritual Wellness with a description of why nourishing the spirit and effective communication is important in Spiritual Wellness and Wellness at large.
- Discussion of the importance of not being too serious all the time
- Description of the wonders of therapeutic laughter
- Description of how work should be defined followed by an exercise in teaching employees 6 steps for preventing burn out.
- Discussion of the value of intrapersonal communication and the importance of a strong self concept
- Discussion of the importance of a truthful and caring communication between people
- Discussion of the importance of listening skills and how misunderstandings can be prevented with dynamic, non judge-mental listening skills.
- Session in teaching employees some techniques for letting go of their serious

selves.

Cost Proposal

The total cost for implementing the above lectures as a package of 6 lectures is Rupees 2,00,000.00. This includes the preparation and planning of curriculum development, transport within Bangalore and any additional costs incurred to implement the lectures.

Lecture 1 through Lecture 6 can also be bought as stand alone units for Rs. 50,000.00 a piece. Content of the lectures can be redesigned based on the requirement of the client organization.