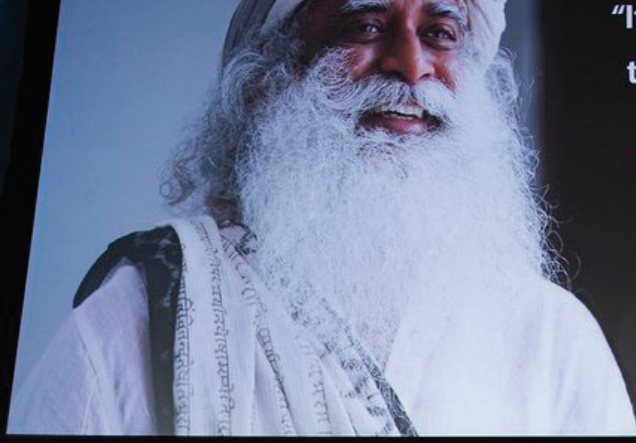




Work Beyond Stress

A Unique Offering
by Sadhguru



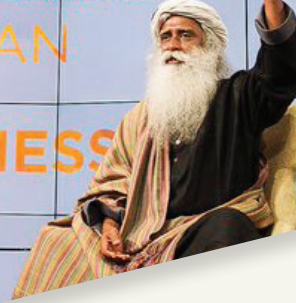


"If you are concerned about
the **world**, the first thing
you need to do is
TRANSFORM YOURSELF
into a
JOYFUL BEING"

Sadhguru



DEVELOPING AN
INCLUSIVE
CONSCIOUSNESS



"One is not stressful
because of what he is doing;
one is stressful because
he is a bad manager of himself.
He doesn't know how
to manage his own system."
Sadhguru

Work Beyond Stress is an offering from Sadhguru
for every working professional to tap into and
achieve their full potential.

The offering is oriented towards
the transformation of each individual
from wherever they are, making work an extension
of their joy and creating a positive impact on people
whom they work with.

Should Employee Wellbeing Matter to us ?



Employee wellbeing is increasingly being understood as a business performance strategy and not just as a benefit or responsibility. It is directly linked to their attitudes towards their job and the organization.

Research has consistently shown that:

- Employee wellbeing predicts not just employee engagement but has important implications for the organization's **productivity, innovation, employee's extra-role and in-role behaviours** which impact work culture and customer satisfaction.¹
- **More than 40 percent of the workforce faces high stress** in their jobs, which negatively affects their productivity, health, and their personal life.²
- While the issue of highly stressed employees is not new, the **information overload** and the always-connected 24/7 work environment has made the problem worse.³
- **The costs of lost productivity** are **2.3 times higher** than medical and pharmacy costs.⁴ These costs often occur when an employee is not absent but actually present at work.⁵

A pandemic, economic crisis or any other type of unforeseen situation make it even more challenging for employees, and in turn, organizations.

Hence, the wellbeing and transformation of an individual needs to be addressed with a holistic and proactive approach, targeting not just physical wellbeing but also mental, emotional, social and spiritual wellbeing.

What the Program Offers ...



Sadhguru has designed unique programs towards individual enhancement and transformation, addressing various aspects of wellbeing. Sadhguru's deep insights into life provoke, question and inspire individuals towards a journey of transformation. Drawn from ancient wisdom and tailored to suit contemporary lifestyles, the tools offered are highly impactful in many spheres of one's life whilst being easy to learn and incorporate into one's daily routine.



This offering is an unmatched amalgamation of practical wisdom, insights, Yogic sciences and tools for application.

- 1. Short, easy to consume modules with 60+ unique topics, covering pertinent subjects like:**
 - Stress
 - Happiness
 - Mental health
 - Parenting pressures
 - Relationships at home and work
 - Motivation, confidence, recognition and peer pressure
 - Anxiety, fear, loneliness, depression, sleeping well and eating right
- 2. Practical wisdom**
- 3. Tools for awareness** to help one look at the root cause of mental and emotional patterns and thereby, transcend their limitations
- 4. Meditations** to address key aspects of life
- 5. Powerful, simple and scientific tools** drawn from Yogic systems for transformation
- 6. Self-administered assessments**
- 7. Action plan template**

Benefits for the Individual



This program:

- **Helps individuals become free from stress** and anxiety; and move towards emotional balance, focus and clarity
- **Builds motivation**, creativity and a sense of inner freedom
- **Fosters new ways of thinking** and an improved ability to handle interpersonal relationships, ambiguity, uncertainty and challenges
- **Provides solutions** for better sleep, healthier food habits and lifestyle
- **Leads to both professional and personal growth**



This offering has the potential to shape ***a culture of joyfulness*** in the organization while assisting the management in driving behavioral adaptation and change management. As a result, organizations will stand to benefit from:

- **Enhanced employee engagement**, job satisfaction, productivity, effectiveness, creativity, passion and focus
- **Increased collaboration**, positivity and reinforcement of a high performance culture
- **Decreased absenteeism** and attrition
- **Reduced costs** on account of medical insurance

How to avail the program

Currently, the program can be easily housed in your existing in-house L&D platforms.

The program would also be made available directly on the Isha platform in due course.

The overall annual price to be computed based on employee count at the beginning of the agreement .

What is the subscription model?

- The offering will be periodically updated with additional modules, chapters and assessments to continue to address relevant topics.
- An updated report of what employees are interested in will be shared with the organization on an overall basis (not individual basis) to help the organization understand the pulse of their employees & plan deeper interventions.

Additional value added features upon subscription:

Free invitation to periodic webinars organized towards increasing awareness of employees towards healthy and joyful living:

Yoga for Peace , Yoga for Success, Yoga for Health, Yoga for Immunity

If as an organization you believe that:

- **Happy and healthy employees** are the key differentiators in an organization as they bring extra motivation, commitment, passion and collaboration, the behaviors that drive excellence at an organizational level;
- **If not addressed, stress, anxiety and unhappiness, significantly impact employees' physical and mental health thereby:**
 - Impeding contribution at their full potential
 - Negatively impacting the overall environment and culture in the organization
 - Increasing the organization's cost on account of absenteeism, and increased insurance premium

Then this program is for each and every employee who is contributing hard to make your organization successful.

Overview of the modules



Module 1 Life beyond Stress

Overview: We all know that stress has consequences, some subtler than others. This module brings forth a yogic perspective on how one can diffuse the fundamental causes of stress and be more successful in pursuing life and business goals.

Key Topics Addressed:

1. The **Roots of Stress** & going beyond it
2. Dealing with emotions like **resentment, anger, fear, inadequacy, insecurity, social anxiety, loneliness and suicidal thoughts**
3. Crafting **healthy relationships, positive parenting** and overcoming challenges like separation, abuse, adultery, betrayal, and loss of loved ones
4. Handling **workplace Stress**, work pressure, peer pressure, recognition, motivation, confidence, difficult decisions and collaboration
5. Conscious living to beat stress covering **nutrition, sleeping well, addiction, cultivating health and inner freedom**



Module 2 Mastering Emotional & Mental Wellness

Overview: This module incites a deeper exploration within oneself to create sustained happiness, mental wellness and a friction free life.

Key Topics Addressed:

6. Understanding the chemistry behind **happiness** and crafting a **conscious and fulfilling life**
7. **Mental Wellness awareness** and taking charge of negative emotions, sadness, depression, anxiety, and mental illness
8. **Learn how to create a Healthy Mind, distance oneself from psychological noise**, make joy as one's default state of mind, be more stable mentally and emotionally in any kind of situation, and prevent ailments caused by the mind



Overview of the modules

Module 3 **Equipping oneself** **for the Covid-19 Pandemic**

Overview:

This module shares insights on how one can stay healthy and prepare oneself better for this new world

Key Topics Addressed:

1. Equipping oneself for the 'Corona Era', overcoming anxiety, and joyfully embracing the changes in life
2. Powerful yogic tools and tips to strengthen one's immunity

Module 4 **Tools for Transformation**

Overview:

This module equips one with simple and powerful tools based on yogic practices & guided meditations to empower individuals to cut through the struggle and walk through life with ease. The tools are easy to learn and practice and are specially designed to be relevant for employees in corporations working in high pressure situations.

Key Areas Addressed by the Tools:

1. Activating joints, muscles, and energy system
2. Maintaining proper energy flow in the body
3. Enhancing peace, calmness and sense of inner joy



Medical Research on the Benefits of Isha Yoga

In a health survey that was conducted on Isha Yoga practitioners with 536 respondents, following was reported:

Reduction in disease conditions and medicine usage in chronic diseases⁶

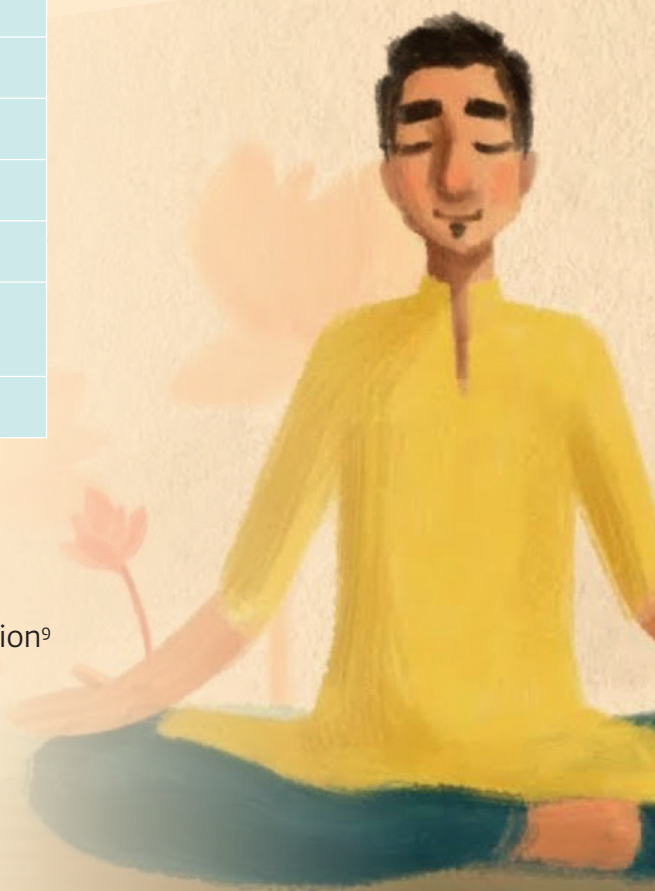
| Disease Condition | Respondents reporting improvements | Respondents who stopped medication | Respondents whose medication was reduced |
|---------------------------------|------------------------------------|------------------------------------|--|
| Allergies | 66% | 42% | 40% |
| Anxiety | 86% | 50% | 48% |
| Asthma | 72% | 56% | 31% |
| Back Pain or Neck Pain | 68% | 50% | 33% |
| Depression | 87% | 50% | 25% |
| Diabetes | 63% | 12% | 13% |
| Fibromyalgia | 67% | 67% | 33% |
| Gastro-intestinal Diseases | 67% | 50% | 25% |
| Headache | 88% | 46% | 45% |
| Heart Diseases | 37% | 33% | 17% |
| Hypertension | 63% | 28% | 28% |
| Insomnia | 73% | 30% | 40% |
| Obesity | 41% | 67% | 0% |
| Poor resistance to cold and flu | 86% | 75% | 13% |
| Thyroid | 51% | 9% | 50% |

Enhanced Mental and Emotional Wellbeing⁷

| Factors | Percentage of respondents reporting improvement |
|-------------------|---|
| Concentration | 70% |
| Emotional Balance | 87% |
| Energy Level | 79% |
| Inner Peace | 91% |
| Mental Clarity | 80% |
| Productivity | 70% |
| Self-confidence | 74% |

Further separate published studies conducted on Isha Yoga Practitioners have shown:

- Reduction in menstrual problems⁸
- Reduced risk of heart diseases and improved cardiac function⁹
- Improved quality of sleep¹⁰
- Improved attention¹¹
- Enhanced mental capabilities¹²
- Increased alertness, awareness, and relaxation¹²



Testimonials



"The perspective and practices that Sadhguru has given gives you the strength and stability to go through the day without getting overly disturbed by stress. I can clearly see that I've become gentler and less judgmental. My equanimity and sense of calmness in the face of all that life throws at me has certainly improved a lot."

– Ravi Venkatesan, Former Chairman, Microsoft India



"Last year I was diagnosed with Trigeminal Neuralgia. It's often called "Suicide Disease" because there is no relief from the searing pain. After 8 months of Isha Yoga practice, I have been left pain-free. My medical doctor said, 'Whatever has been taught to you, please continue it. I cannot explain your results, but nor can I argue with them.' , I've also lost 45 pounds, participating in no other Exercise or Weight Loss Program.."

Bill Schmidt, Software Programmer



"My history is that of a very 'type-A'. Even before my career as a Chief Financial Officer, I remember being very anxious and stress-filled with a constant sense of depression. Since starting Isha Yoga practices, I can honestly say that my depression is gone and I am no longer plagued by constant anxiety. There is always stress in life, but I now have far less impulse reactions of anger and fear, and am more able to respond in a positive manner. My overall state of being is one of genuine happiness and gratitude, which I attribute specifically to Isha."

Therese Winter, CFO, Controller

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About Sadhguru and Isha Foundation



Sadhguru

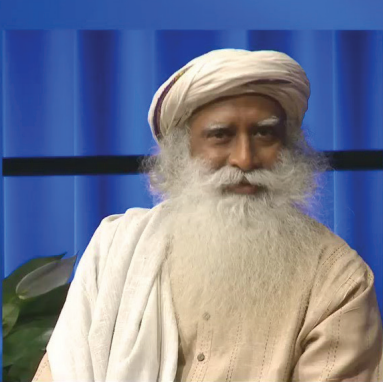
Sadhguru is a yogi and a mystic a man whose passion spills into everything he encounters. Named one of India's 50 most influential people, Sadhguru's work has touched the lives of millions worldwide through his transformational programs. Sadhguru has a unique ability to make the ancient yogic sciences relevant to contemporary minds, acting as a bridge to the deeper dimensions of life. His approach does not ascribe to any belief system, but offers methods for self-transformation that are both proven and powerful.

An author, poet, visionary, internationally renowned speaker and bestselling author, Sadhguru has been an influential voice at major global forums including the United Nations World Headquarters and the World Economic Forum, addressing issues as diverse as socioeconomic development, leadership and spirituality. He has also been invited to speak at leading educational institutions, including Oxford, London Business School, IMD, Stanford, Harvard, Yale, Wharton and MIT, to name a few.

Isha Foundation

Isha Foundation is dedicated to raising human consciousness, and fosters global harmony through individual transformation. Guided by Sadhguru, it is an essential resource for exploring the ancient science of yoga in all its depth and dimensions. The foundation offers a variety of programs that provide methods for anyone to attain physical, mental and spiritual wellbeing. Its offerings allow participants to deepen their experience of life, and reach their ultimate potential.

Supported by 7 million volunteers in 300 centers worldwide, Isha Foundation's activities address all aspects of human wellbeing. From its powerful yoga programs for inner transformation to its inspiring projects for society, environment and education, Isha activities are designed to create an inclusive culture that is the basis for global harmony and progress.



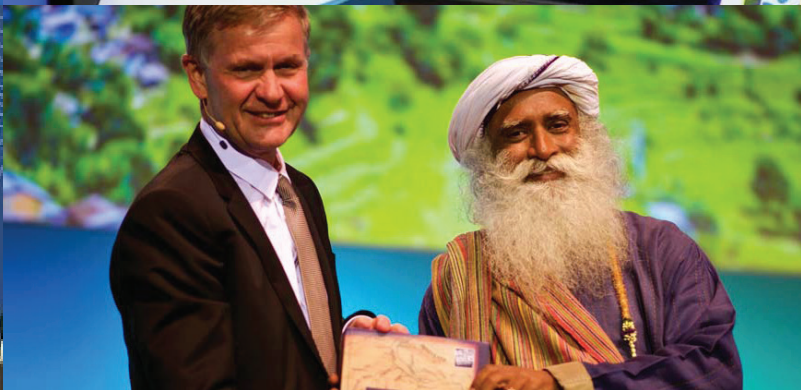
Sadhguru

Yogi, Mystic, Visionary
Founder - Isha Foundation

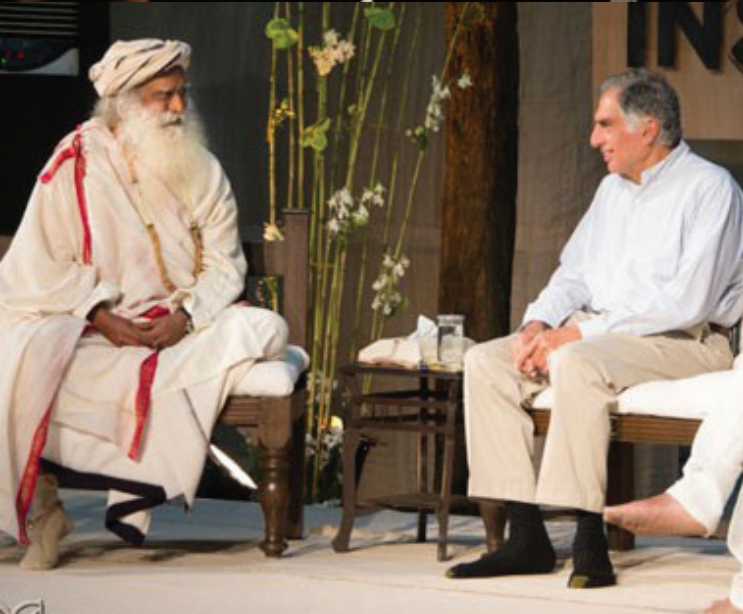


Annette Dixon

Vice President
South Asia Region - World Bank



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