



Tranquil

MINDFULNESS
for
CORPORATE EMPLOYEES



MINDFULNESS

Mindfulness in simple terms means awareness. Practicing mindfulness allows us to be completely present in the moment.

It can help reduce stress and anxiety, and increase resilience and emotional intelligence.

WHY DO COMPANIES NEED TO BE MINDFUL?

According to recent studies, mindfulness practice in the workplace is directly associated with a number of key benefits:

EMPLOYEE WELLBEING & RESILIENCE

Mindfulness equips individuals with self-awareness that helps them recognise stress within themselves, understand resilience and actively work on developing it.

RELATIONSHIPS

Research shows that mindfulness at work has been strongly linked with improved relationships at work, better communication, and more compassionate and collaborative interactions.

PERFORMANCE

Mindfulness training improves key aspects of job and task performance in the workplace.

LEADERSHIP

Regular mindfulness practice strengthens key aspects of leadership, including decision-making skills, creativity and innovation, resilience and collaboration.

ORGANISATIONAL TRANSFORMATION

Mindful organisations are statistically associated with improved customer relations, reduced employee exhaustion and turnover, and enhanced innovation and financial performance.



OUR MINDFULNESS OFFERINGS

Tranquil, caters to a diverse set of organisational needs by creating awareness about the benefits of mindfulness and the science behind how it works. With a focus on habit-formation, Tranquil's primary goal is to equip employees and organisations with implementation strategies in order to utilise mindfulness in the workplace.

EXPERIENTIAL WORKSHOPS

Through expert-driven mindfulness workshops, Tranquil familiarises employees with mindfulness practice, and throws light on its essential contribution to various life contexts – creating a work-life balance, growing as a leader, interpersonal relationships, conflict resolution, and so on. The workshops facilitate a clear understanding of the concept and its applications through experiential learning, and on-point examples and anecdotes.

ONE-ON-ONE MINDFULNESS COACHING

Employees are provided with one-on-one access to a mindfulness coach via phone and chat. The coach acts as a personal support to employees in learning and utilising mindfulness techniques to deal with stress, develop resilience, build leadership skills and personal development.

INTERNAL MINDFULNESS CHAMPIONS

Tranquil facilitates the identification and creation of internal champions of mindfulness within organisations. These individuals drive various initiatives at a team-level that spread the benefits of mindfulness in the workplace. We, in turn, provide guidance and support to him or her throughout their endeavour, with relevant training and tools to carry out this integral role.

ASSIMILATION ACTIVITIES

One of Tranquil's key missions is to transform your organisation as a whole, into a mindful one. Using highly innovative and customised techniques, such as mindfulness circles, identification of mindfulness zones, and community activities, Tranquil focusses at integrating mindfulness into the very DNA of your organisation. This significantly improves employee motivation and productivity, interpersonal relationships, organisational creativity, and financial performance in the long-run.

TRANQUIL APP

Employees are given free access to Tranquil, their own personal app that helps them learn mindfulness practices to cope with stress. Tranquil offers users a mindfulness coach who will guide them through a series of self-exploratory tracks, or allows users to become their own guide, choose their own pace, and become more aware of the present moment. Available on iOS and Android.

EXPERIENTIAL WORKSHOPS

Tranquil offers the following workshops for corporate employees:



MINDFULNESS FOR EVERYDAY LIFE

Duration: 60 - 75 mins

This workshop introduces employees to the concept of mindfulness and its various facets through experiential exercises and real-life examples. Participants will learn useful mindfulness practices that will help them develop clarity, focus and compassion towards others. The workshop includes a number of mindfulness practices that will equip participants with valuable life skills to cope with stress in their lives.



MINDFULNESS FOR LEADERSHIP

Duration: 75 – 90 minutes

The objective of this workshop is to introduce participants to mindfulness skills that will help them become more effective leaders. They will undergo different exercises that facilitate an experience of mindfulness and an understanding of how it can help them strengthen the teams they lead.



MINDFULNESS WORKSHOP FOR WOMEN EMPLOYEES

Duration: 60 - 75 mins

This expert-driven workshop orients women to concepts such as the importance of having an internal compass to take charge of their lives and dealing with difficult emotions in a gentle and mindful way.

Tranquil also offers customised on-site and off-site workshops based on specific organisational requirements.

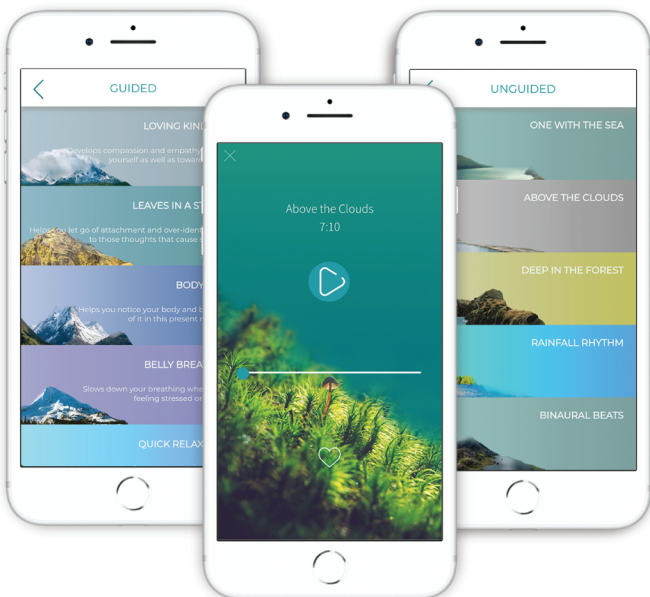


TRANQUIL: THE MINDFULNESS APP

Employees are given free access to **Tranquil**; their own personal mindfulness app.

With **Tranquil** you can:

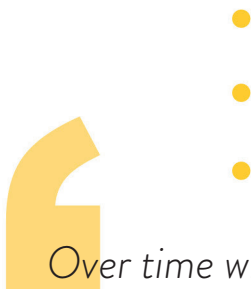
- Let your personal mindfulness coach guide you through a series of self-exploratory tracks
- Become your own guide, choose your own pace and become more aware of the present moment.
- Sign up for curated programs to help relax the body, calm the mind, and gain more focus.
- Set daily reminders and achieve your goals of living with excellence.



SILVER OAK HEALTH

Silver Oak Health's mission is to help improve the quality of lives of people around the world. The company offers diverse emotional wellness programs and digital solutions that focus on dealing with health and behavioral challenges in people and organisations.

All Silver Oak Health facilitators are qualified experts, trained in mindfulness techniques.



*Over time with
mindfulness, we learn
to develop the inner
resources that will help
us navigate through
difficult, trying, and
stressful situations with
more ease, comfort,
and grace.*



- MIRABAI BUSH

Contact us:

info@silveroakhealth.com

+91 80 4149 2100 / +91 9606194870

www.silveroakhealth.com

