



EMPLOY ZEN



WE DO,

Outcome Based Programs

- 1** **WORKPLACE WELLNESS**
A happy employee, a happier client and the happiest boss
- 2** **LIFESTYLE COACHING**
See, feel and share your physical & emotional fulfillment
- 3** **RELATIONSHIP GOALS**
Destress your distress together; happily ever after
- 4** **COMPANY CULTURE BUILDING**
Company-love infused with self-love
- 5** **TEAM COMMUNICATIONS**
Talk better, work productively





TRAINERS

Actionable Training

CHIEF TRAINER

Dr. SUBASHRI THANIGAIVEL BAMS., MSC&P, MBA
PSYCHOTHERAPIST, WELLNESS & LIFESTYLE EXPERTISE

*She is our proud Pandemic Management Specialist
at our in-house and clients (remote & site).*

*All her training and sessions are practical and reality
based; much needed for this millennial VUCA world.*



Also,

Dr. ASHOKAN BSMS MBA,
STRESS MANAGEMENT EXPERT

Dr. MAHADEVAN MD (AYURVEDA)
LIFESTYLE DISEASES EXPERTISE

Dr. SHIVAKUMAR MD (AYURVEDA) MBA,
CHRONIC CONDITION EXPERTISE



CLIENTS

Success Stories



Dr.Santa Programme



Life-Work Balance (Online)



Women Wellness



Pandemic & Immunity Management (Online)



Health & Wellness Partner



Health & Wellness Partner

**Socially
Happy
With**



5.9 K



6.07 K



1.1 K

 **www.liveright.in**

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