



CORPORATE WELLNESS ROADMAP

From Stress to Strength | From
Burnout to Breakthrough



MYTREYA
TRANSFORMING MINDS | RENEWING LIVES

STEP 1: LIVE WELLNESS AWARENESS SESSION

- Fridays/Saturdays | Zoom/Google Meet | 60–90 min
- Tools to handle stress, anxiety & confusion
- Live interaction with experts
- Quick wins employees can implement immediately

STEP 2: PERSONAL WELLNESS SCAN (CONFIDENTIAL)

- A diagnostic survey covering:
- Emotional & mental health
- Lifestyle stress factors
- Yogic body-mind type (Vata–Pitta–Kapha)

PARTNER WITH MYTREYA

Because a resilient workforce builds a stronger business.

STEP 3: WELLNESS WELLNESS ROADMAP REPORT (48 HRS)

- Insightful segmentation for HR (burnout risk, thriving zone, attention zone)
- Personalized clarity for each employee
- Action plan by Mytreya experts

STEP 4: EXPERT-GUIDED RESET PACKAGES

TAILORED INTERVENTIONS FROM OUR SIGNATURE PROGRAMS:

- Emotional Reset – 4 to 18 Weeks Clarity & Calm
- Lifestyle Reset – 30 to 90 Days to a Better You
- Connection Clinic – Rebuild Trust & Communication

ONGOING SUPPORT

- Weekly expert sessions
- Emergency expert helpline
- WhatsApp check-ins
- Lifetime access to expert webinars & community



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