



Areef Ali & Associates Business Solutions

Health & Well-being

Secrets to Personal & Organisational Success

Facilitator
Mr. Rajin Maharaj



Customised In-House Facilitated Sessions

Contact with your enquiries for half day or all day sessions:

Mr. Rajin Maharaj at (868)-384-0420 or 785-8418

E-mail contact: success@aaa-bsol.com



"Let Us Help You Get There!"



“Health & Well-being” - Secrets to Personal & Organisational Success”

Customised In-House Facilitated Sessions

Overview

What would it be like if your employees get through their days without stress and become more engaged and productive? If you are genuinely interested in helping your team improve the quality of their work and life then here is an opportunity for you.

These workshops are customized to your requirements. Your team will experience a variety of tips, techniques and secrets to overcome anxiety, stress and its onset and become more productive.

Objectives

You will learn how to:

- Manage and relieve stress
- Maintain concentration and alertness
- Reduce lethargy and exhaustion
- Increase stamina and fitness
- Create a higher quality of life

Background & Session details

High stress work and home environments as well as busy lifestyles lead many employees to be disengaged and unproductive. This is a major problem for organisations - many valuable man hours and customers are lost due to employee absenteeism, workplace conflicts and poor work execution by unenthusiastic employees.

In 2006, the American Institute of Stress estimated a US\$300 billion price tag to U.S. Industry as a consequence of occupational stress. An excerpt of a study on their website also shows that 80% of workers feel stress on the job; nearly half say they need help in learning how to manage stress and 42% say their coworkers need such help.

Strategies to achieve objectives

Objective	Strategies
Manage and relieve stress	Learn to locate and use pressure points to energise yourself to manage stress Incorporate aroma and light therapies to create relief for stress
Maintain concentration and alertness	Experience relaxation exercises to bolster concentration Harness the body’s energy centres to facilitate alertness
Reduce lethargy and exhaustion	Manage an exercise routine without moving a muscle to conquer lethargy Recharge your internal power - using water to combat exhaustion
Increase stamina and fitness	Modify your nutrition to provide prolonged levels of stamina Regulate movement and coordination to encourage fitness



“Health & Well-being” - Secrets to Personal & Organisational Success” cont’d Customised In-House Facilitated Sessions

Session Format: A practical and interactive approach using hands on activities, techniques and real life situations combined with Q&A’s.

Who will benefit: Anyone who wants his/her general condition of mind, body and spirit, to be free from illness, injury or pain and to become more productive.

Key Benefits:

- Learn how to maximize efficiency and quality of living from your daily routine
- Develop an increased awareness of your body’s well-being and your ability to maintain homeostasis.
- Increase your level of fitness and concentration
- Receive training and expert advice on techniques to manage day to day stress from a professional with a wealth of experience and a track record of success
- Giveaways

Facilitator Profile

Rajin Maharaj is a professional Health and Well Being consultant. He is a certified First Aid CPR Instructor. He has completed advanced training in Ayurveda, Acupressure, Dietetics, Massage Therapies, Reiki, Reflexology, Yoga and Meditation from institutes in USA, UK and India.

Rajin has conducted seminars, hosted in house training workshops and delivered lectures for small business enterprises, NGO’s and corporate entities both locally and internationally.

Organisational Requirements

- Room to accommodate participants
- Furniture to accommodate participants
- Projector and screen with audio output
- Flip chart/sheet with markers and easel

Number of participants

No minimum - customized on request (1 on 1 coaching is possible)

Want to arrange a session?

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“Health & Well-being” - Secrets to Personal & Organisational Success” cont’d

Topics Details

Topic	Description
Health	What is it and its criticality? Functionality: How should I use it?
Well Being	Definition: Who said so? Importance: The latest gossip. Functionality: Will I get paid more?
Secrets	What are they? Where to look- the clique. Is it going to work for me?
Personal Success	SWOT Analysis for me Setting Aims and Time Lines for myself How do I measure and evaluate it
Organisational Success	Let’s find out using the BCG Matrix Approach A modern look at Market Share; do I make a difference? Assumptions about Growth Rate; is there a promotion for me?
Stress	What is it and what are the types of stress? How do I manage them all daily Do I need therapy? What should I try? Strategies to create and maintain Relief Creating Support Services for Intervention
Concentration and Alertness	Yoga: What is it? How will it benefit me? Do I need special equipment? Breathing techniques Meditation; I don’t need religious help!
Lethargy and Exhaustion	What is homeostasis and does it affect me? How to get through and entire day without getting tired Energy drinks and quick fixes. Is water that important? Can Reiki help?
Stamina and Fitness	Nutrition: Not eating what I want Recommended Daily Values and Expiry dates. Diets, diet drinks, bush medicine and fads. Exercise: Do I have to? How to burn fat without moving a muscle! Punctuality and Regularity



“Health & Well-being” - Secrets to Personal & Organisational Success” cont’d

FAQ’s

Question	Answer
What is the cost?	The sessions will be customized to meet your needs and priced based on the number of sessions required and number of participants
Will I receive a certificate at the end?	Yes
Who will benefit from this course?	Anyone who has ever felt stress
After how long will I see the benefit of this course?	You will begin to experience the benefits from Day 1
Are there any takeaways from the session?	Yes and all are complimentary
Do I have to prepare for the course?	No, we do all the work for you