SW

Employee Wellness Masterclasses

by The Simply Wellness

Nurturing a healthier workforce, one team at a time.

Why us?

360° Wellness Approach

Focus on Nutrition, Physical Health, Mental Health and Sleep.

Highly professional

Qualified team of Doctors and Nutritionists.

Regional Diet & Language Support

Team members are fluent in multiple regional Indian Languages and familiar with cultural cuisines.

Ghar Ka Khaana Recommendations

No fancy food recommendations, unless requested.

Practical Implementation

Less talks, more action.

Fun & Engaging

The sessions are filled with stories, analogies, jokes and a lot information.

About the founder

Dr Umesh Wadhavani
BHMS (NGU, India) MScHCM (Oxford, UK)

Best lifestyle coach of the year 2023

Awarded by BIG FM Radio, Pune.

200K + Digital Community

Creates fun and engaging content around various social media platforms

10 + years experience

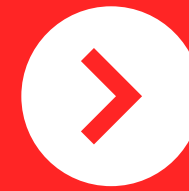7 years in the UK and 3+ years in India

10,000 + lifestyles changed

He has worked with over 10,000 clients over the last 10 years of his career.

Friendly and relatable approach

Usage of jargon-free language to help create awareness about living a healthier lifestyle.
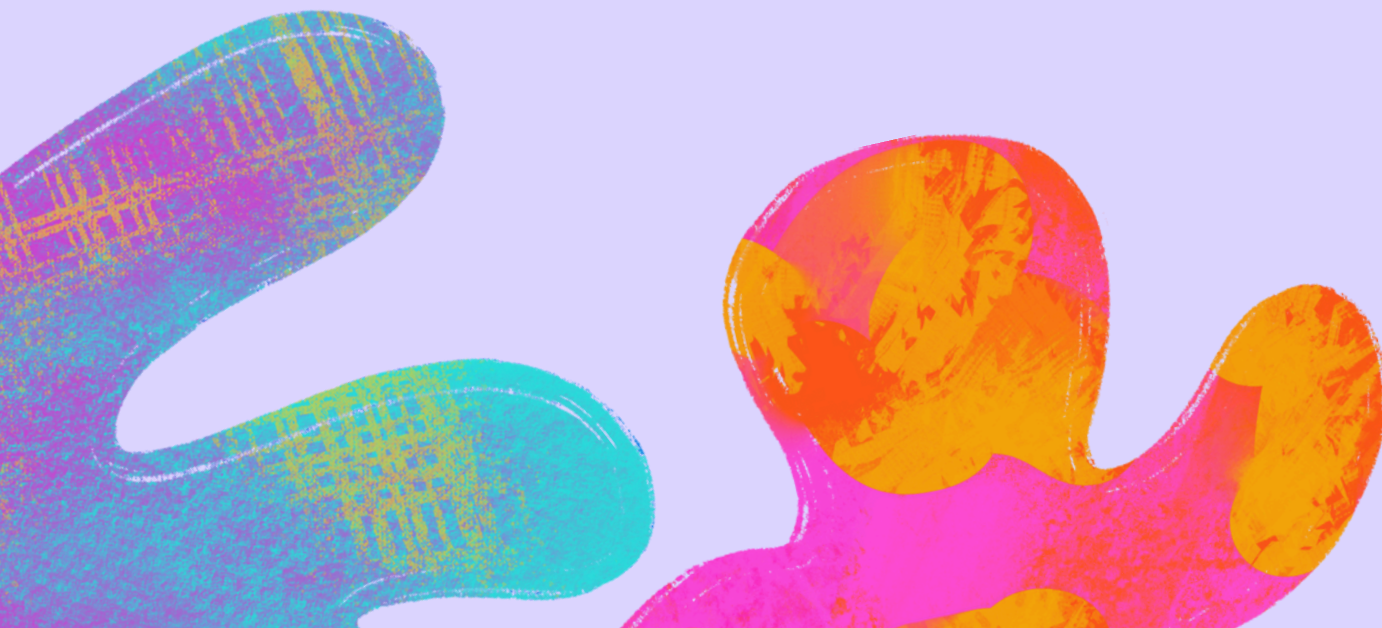
Masterclass teaser >

Happy Collaborations

pwc

LANDMARK GROUP

DKSH

wipro

Mosaic®

Deloitte.

eInfochips

DOVER®

BRITANNIA

quantiphi

HUAWEI

We have worked with over 50 different companies over the last 3 years.

MASTERCLASS TOPICS

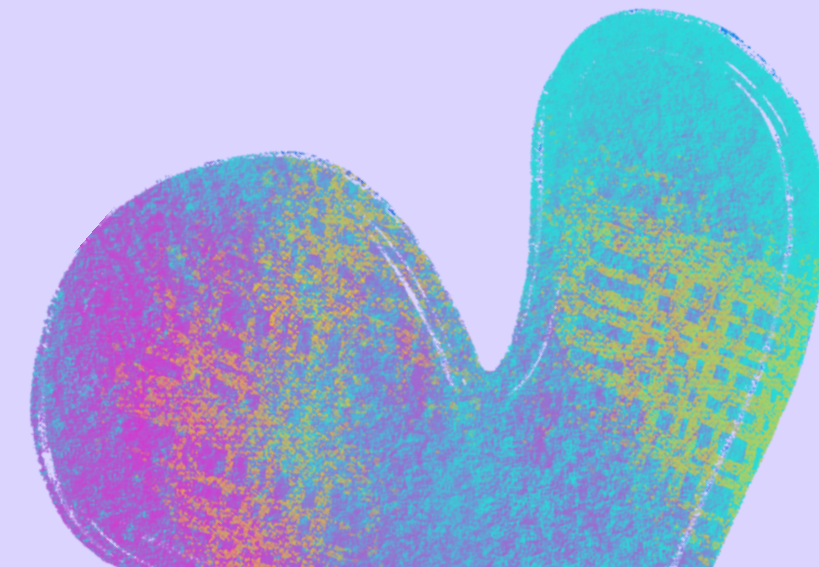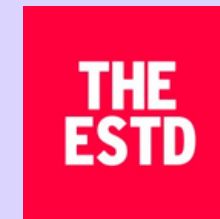Total Duration: 60mins
45mins content + 15mins Q & A

Fees : Starting from 25,000 INR (ex GST)

1. **Nutrition and Mental Health**
2. **Stress Management and Nutrition**
3. **Mental Health First Aid**
4. **Work-Life Balance 1-0-1**
5. **Emotional Eating Management**
6. **Make Your Ghar ka Khaana Healthy**
7. **How to control Sugar Cravings**
8. **Healthy Eating on the Go**
9. **Weight Management 1-0-1**
10. **Addiction Management (Smoking & Alcohol)**
11. **Nutrition Myth busters**
12. **Women's Health & Nutrition (inclu. PCOS/PCOD Management)**

Digital Presence

Click on the icons to visit respective pages

Thank you

Looking forward to our healthy association