



**Learn the Leadership Principles
to Unlock your Inner Potential**

iExcel

**HOLISTIC WELL-BEING PROGRAM
THE ART OF LIVING NEPAL**

INTRODUCTION

Finding balance and harmony within ourselves is the key to bringing peace, honesty, and authenticity into our lives and the world around us. When we are balanced, we help create a society based on respect, understanding, and shared values.

Many organizations today recognize the importance of creating a healthy and supportive work environment. In today's fast-paced world, it's more important than ever to focus on people's mindsets and give them the tools they need for emotional and mental well-being. This helps people balance their work, home, and social lives. By raising awareness, we can help individuals unlock their true potential and become more positive, resilient, and dynamic.

This program offers helpful tools, team-building exercises, and practical ways to manage stress and negative emotions. Feedback from participants shows that this workshop has a powerful impact, promoting positivity, kindness, energy, motivation, and gratitude—key qualities that support both personal and professional growth.

ABOUT THE PROGRAM



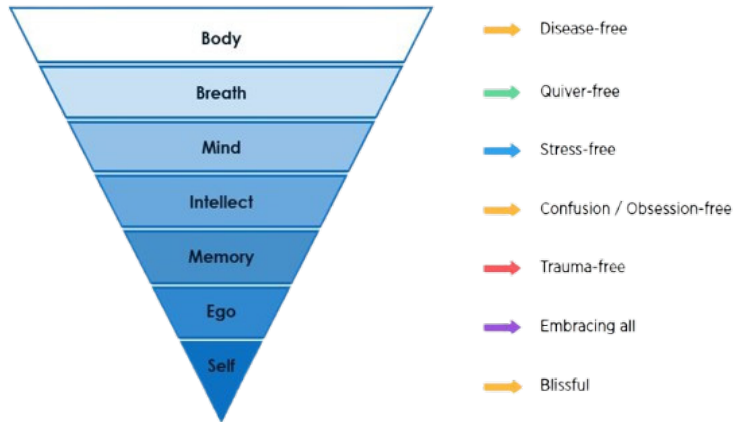
The iExcel Holistic Well-being program is designed to help individuals and organizations navigate today's challenges. Tailored for small and medium-sized businesses, this 4-day session (2 hours per day) offers tools to manage uncertainty and improve overall well-being.

The program focuses on enhancing mental and emotional health, boosting immunity, reducing anxiety, building stronger relationships, and fostering a positive outlook.

Sessions can be customized to meet your organization's specific needs.

OUR APPROACH TO HOLISTIC WELLBEING:

Human beings have **seven aspects**: Body, Breath, Mind, Intellect, Memory, Ego, and Self. The Art of Living Holistic Wellbeing Corporate Program addresses these dimensions, aligning with the World Health Organization (**WHO**) Wellness Model. Our approach encompasses: Disease-free, Quiver-free, Stress-free, Confusion/Obsession-free, Trauma-free, Embracing all, Blissful.



Program Features:

- **Breathing Techniques:** Boost energy and maintain relaxed alertness.
- **Mindfulness Practices:** Control your thoughts and stay focused in the present.
- **Work-Life Integration:** Create a balanced daily routine.
- **Awareness at Work:** Develop awareness to handle challenges effectively.



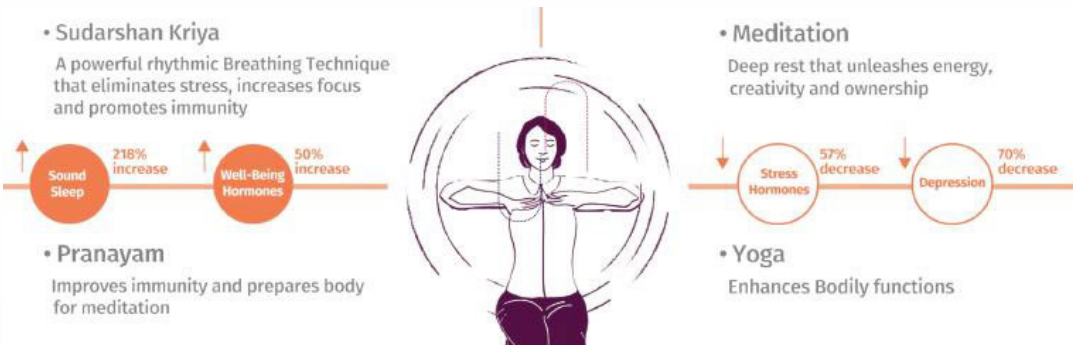
Program Benefits for Employees:

- **Mental Clarity:** Clearer thinking and focused goals.
- **Increased Energy:** Achieve work-life balance with less stress.
- **Emotional Resilience:** Better ability to manage stress and improve emotional well-being.
- **Stronger Social Connections:** Build better relationships and engagement.
- **Improved Physical Health:** Enhanced metabolism, immunity, sleep, and reduced inflammation.
- **Holistic Well-being:** Growth in physical, mental, emotional, and spiritual health.

SUDARSHAN KRIYA RESEARCH (SKY) FINDINGS:

The program includes the renowned **Sudarshan Kriya** breathing technique, which has benefited millions of people worldwide in over **186** countries for more than **40** years.

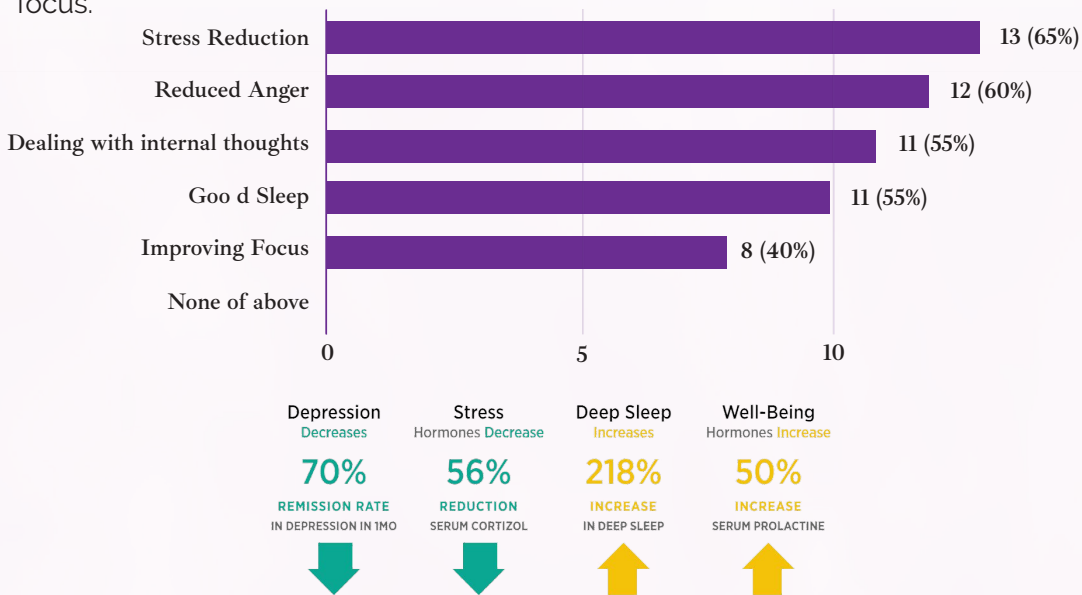
Sudarshan Kriya, along with its accompanying breathing practices (collectively known as **SKY**), has been shown to improve brain function, hormone balance, immune system health, and cardiovascular function. Supported by over 60 independent studies across four continents, SKY has proven effective in reducing stress, anxiety, and depression, while enhancing overall well-being.



iExcel Holistic Well-being in Nepal:

Over the years, the program has positively impacted thousands of individuals across hundreds of organizations. Participants have shared heartwarming feedback about their experiences during the sessions.

65% of participants reported a reduction in stress, along with additional benefits such as reduced anger, improved decision-making, better sleep, and enhanced focus.



Source: Participant feedback; analysis; findings available at aolresearch.org

WHO SHOULD DO THE PROGRAM?



Young aspiring leaders aiming to inordinately enhance their leadership skills in order to be more effective at work



Diverse professionals across industries, domains, and career stages, looking to change gears and markedly accelerate their professional growth



Individuals with people management responsibilities seeking fresh insights and advanced approaches to effectively lead and manage teams



Seasoned leaders exploring transformative approaches and tools to drive growth and achieve appreciably greater success in their roles

TESTIMONIALS

I have really seen a difference in my ability to change my self-defeatist thinking, decrease negativity, and improve my sense of well-being.

Alina Pokhrel, CCMAD Staff, HBL

I have experienced a positive change in myself. I feel great throughout the day, and this has helped me in my day-to-day life. My stress levels have decreased significantly.

Sadikshya Basnet, Senior Assistant, NIMB

The AOL iExcel Holistic Wellbeing Programme has been instrumental in managing work-life stress, enhancing personal well-being, and boosting productivity in the workplace. It connects humanity with nature, fosters team spirit, and promotes compassion for all living things. This program is invaluable for professionals at all levels.

Govinda Gurung, CEO, ADBL



In these uncertain times, especially for small and medium organizations, resilience and well-being are crucial for overcoming challenges. As the backbone of the economy, their well-being is more important than ever.



The **iExcel Holistic Well-being Program** is specifically designed to help organizations navigate these uncertainties. In just a few sessions, they will gain powerful tools and techniques to manage stress, build resilience, and find clarity during tough times. This program is not just about surviving—it's about thriving, both personally and professionally.

We encourage organizations to invest in their well-being by joining the program. Together, we can overcome challenges and achieve excellence.

Tapping Your Inner Potential for Success (TIPS)

We also offer a 2 ½ hour transformative session to help you unlock your potential for success and well-being.

Key Highlights:

- Understand the dynamics of the mind and life force energy
- Explore pathways to excellence and work-life balance
- Learn stress management techniques: breathing exercises & desktop yoga
- Experience meditation for focus and clarity
- Engage in an interactive Q&A session for personalized insights

Start your journey to success and well-being today!

Some of the Institutions that participated in Nepal:





GLIMPSE OF iExcel CORPORATE PROGRAM HELD AT DIFFERENT INSTITUTIONS



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