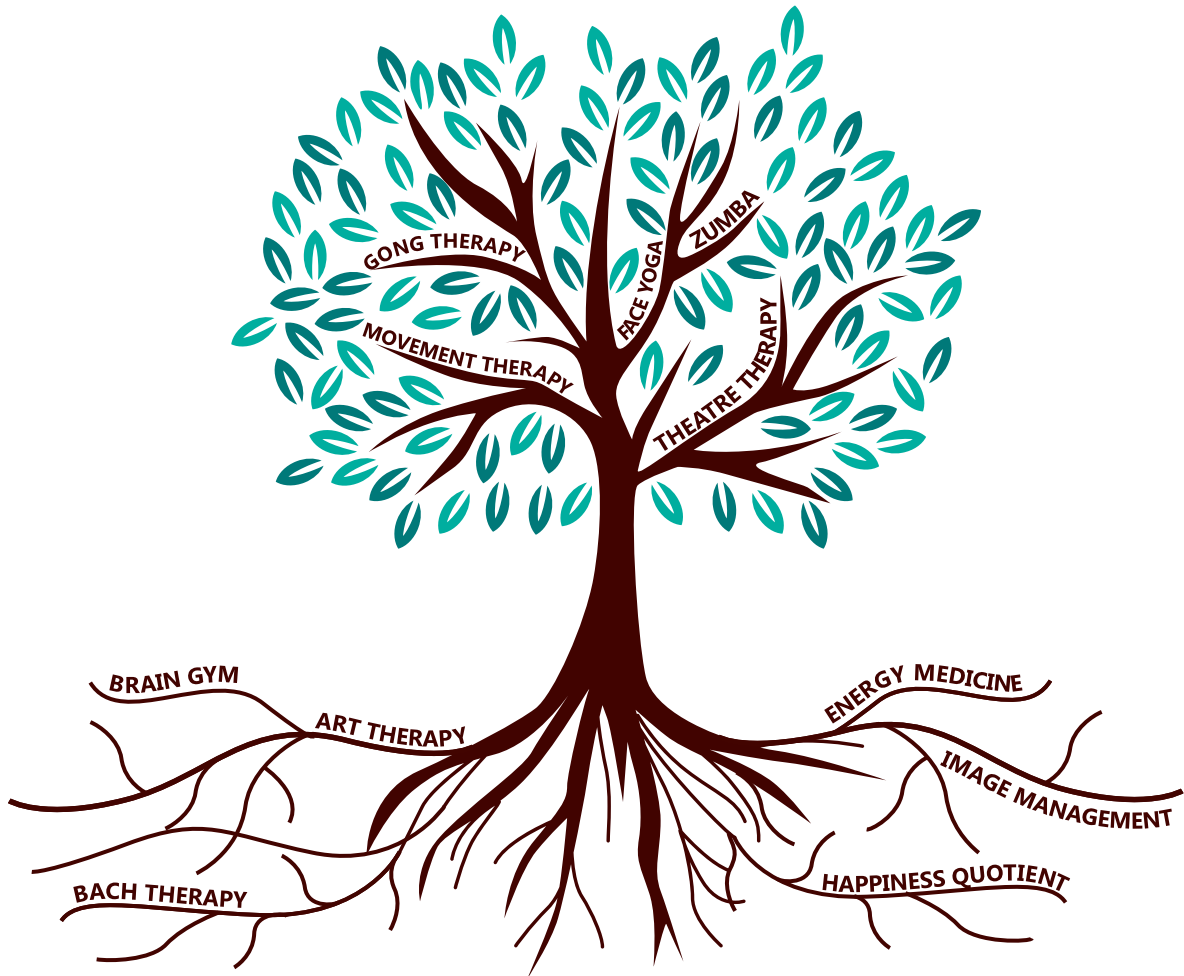


THE WELLNESS COLLECTIVE





THE FOUNDERS - DEVANSHI SHARMA

Devanshi is a qualified Image Consultant, trained at the Image Consulting Business Institute (ICBI), India and she also is an internationally qualified Life Coach from the Certified Coaches Alliance (CCA), Canada. She has also attended a certificate program in Fashion Styling and Personal Shopping conducted by Judith Rasband in the United States.

All of this has led Devanshi to become a senior trainer at ICBI and an international facilitator in the U.S.A. for Image Consultants from India. She has been an alumnus of AIESEC, the biggest youth management organization in the world and MILT- one of India's foremost communication forum.

Devanshi's international travels, her tenure at the internationally acclaimed, St. Michel College in Brussels, her interaction with people from across the world and her keen interest in studying worldwide trends in fashion and business communication, both in corporate and personal circles has given her a special gift of being able to understand, interact and guide people of all ages and diverse backgrounds.

She was one of the chosen Image Consultants to be featured on Zoom Channel for their show called "Image Banani Hai". To better understand the sometimes out-of-the-box needs of her clients; she has become a certified Brain Gym instructor and a Happiness Coach too. She has consulted and coached a diverse group of people ranging from teenagers, homemakers, corporate professionals and entrepreneurs. She has also had the opportunity to train senior management from the hospitality, medical and education industry. Devanshi was Vice President - Education, of the Image Management Professionals' Association (IMPA), India.

THE FOUNDERS - SUMEET MITRA

Sumeet is a management professional turned first-generation entrepreneur. Sumeet has rich experience in the field of Management Consulting & Private Equity and has worked with Multinational corporations in India and abroad, prior to enterprising. Before enterprising, Sumeet was engaged with Halcyon Group, a prominent Mumbai based \$300 million Private Equity fund that invested in companies in special situations and distress and provided management intervention to facilitate turning up their performance.



In his entrepreneurial stint, Sumeet has co-founded several ventures in the field of Internet Technology & Digital Media in India. In a recent role, Sumeet co-founded and built one of India's largest digital performance advertising network; the ClickZoot Network, which was later acquired by the Fork Media Group, one of India's largest digital native advertising companies. Sumeet went on to lead Fork Media as their Group CFO where he led several acquisitions and set up new business lines and also set up the Groups first international outpost in Dubai.

Sumeet serves as Managing Director of Mediapolis Ventures, a private Media, Entertainment & Technology Incubation entity which operates as well as invests in emerging Media & Technology start ups in India. Elaan Training is a Mediapolis investee company.

Sumeet also is a managing partner at Jupiter Capital Advisory, which offers boutique investment banking advisory to mid sized and large corporates in India and also provides consulting & advisory services to a few large Single Family offices. Sumeet holds a Bachelors degree in Commerce as well as Law and also holds a Masters of Business Administration in Finance.



ABOUT COMPANY

We are in the business of transforming lives.

We believe that the employees build the image of any organisation. We are here to do just that for you, to help build an image that will take you and your organisation to the next level!

We tailor our solutions to suit your requirements. You are your image and your image comprises of grooming, etiquette, body language, communication and clothing. Give us a chance and you'll see the change!

PAST SUCCESSFUL DELIVERABLES BY THE TEAM





TOPIC

BRAIN GYM & MORE

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ENERGY MEDICINE & EFFICIENCY

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HAPPINESS QUOTIENT

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ART OF MANIFESTATION

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ART THERAPY

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ZUMBA

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STORYTELLING FOR CORPORATES



BRAIN GYM & MORE

Brain Gym is a simple set of neurological exercises, which works on integrating the Left & Right hemispheres of the brain. Every participant, whether Right or Left brain dominant will be taught basic exercises which will enhance positivity, bring clarity and make one active.

ENERGY MEDICINE & EFFICIENCY

Energy Medicine teaches us to balance our subtlest energies and heal from the "Inside Out". By using brilliant accessible energy techniques, we can ALL activate our internal processes for health and restore balance of the BODY, MIND AND SPIRIT. What Energy Medicine offers in the face of modern day challenges is the ability to slow down, tune in and understand completely the body and mind.





HAPPINESS QUOTIENT

Grounded with results and sparked with fun, our Happiness workshop is designed so beautifully that each participant will get to experience the positivity on a personal level. It touches every participant at the core and unsettles their limiting beliefs about self, work or family. Some of the topics covered would be; Prioritising Positivity, Training the Brain to be Happier, The Art of Mindfulness etc.

ART OF MANIFESTATION

(Positive Affirmations and Vision Boards)

Our mind and heart are constantly working to attract everything into our lives. We are attracting both success and failure, happiness and sadness into our lives. Through the use of personalised affirmations, visualisation techniques and DIY Vision Boards, this can change and we can attract everything positive into our lives.





IMAGE MANAGEMENT

Image Management is evaluating and enhancing your image, how others perceive you and therefore, respond to you. It is about creating first impressions and more importantly an impactful presence. Image enhancement includes an understanding of ourselves, our tastes, our likes and dislikes, our personality and, our roles and goals. It includes improving appearance, body language and etiquette. It is about presenting an authentic image, the one you are most comfortable with!

RELATIONSHIPS & YOU

Relationship Management is all about your interpersonal communication skills. It's all about your ability to get the best out of others, your ability to inspire and influence them, your ability to communicate and build bonds with them, and your ability to help them change, grow, develop and resolve conflict. That's a tall order, but fortunately those skills can be taught and learned; and that is exactly what our workshop covers through skilled and experienced experts.





JUST A MINUTE (J.A.M.)

GODS OF SMALL TALK is essentially a J.A.M. - Just A Minute. Speaking for a minute on a topic given to you without stammering or stuttering... in Queens English without the use of any minor or major objections at the soul discretion of the J.A.M. MASTER. A J.A.M. is absolutely fictitious where everything is made up and the points DO matter! Participants have sold their houses for points. It's all about the points...

NUTRITIONAL WELLNESS

This workshop revolves around building awareness on relevant health and wellness concepts. Small changes can lead to big improvements. Concepts like Foods that boost your work efficiency, snacking right, stay active at work etc. will be covered during this workshop.





GLASS BOWL GARDENING

Terrariums are small indoor gardens in glass containers with their own beautiful ecosystem. Besides enhancing the energy of your space, a terrarium is an artistic addition to your home or workstation. When you can't grow outdoors, let's create an indoor garden that fits on a tabletop! What you make is what you take! Lets go Green in our own little ways!

BACH THERAPY

The Bach Flower remedies are a simple, effective and holistic healing system which uses the healing power of flowers to overcome negative emotions of fear, anxiety, worry, anger etc. They help to cope with the day to day situations and lead a stress free life. The remedies have been in use for over 80 years and are extremely popular throughout the world for their subtle and profound healing properties.





WORKPLACE YOGA

Redefining exercise from “getting up off the chair multiple times a day” to being empowered with strategies to staying calm during chaotic moments that help in understanding the physical body that reflects on the mindset. Workplace Yoga combines concepts like Mindful breaths with purposeful movement, Embracing self-care and personal mindfulness, Re-live your youth with a supportive back etc.

FACE YOGA

DIY Botox Face Yoga sessions are a great alternative to Botox and natural solution to regain your youthful appearance. The sessions wake up the sleeping muscles on your face to improve facial tone. Stress induced, overworked facial muscles are targeted to smoothen wrinkles and firm up saggy spots to give a defined jawline and features.





MOVEMENT THERAPY

When the mind and body work towards synchrony, it can be used to reconstruct a more adaptive and healthy functioning individual. This is a creative and self-exploratory process that does not involve teaching dance forms. Movement Therapy can benefit in the areas of interpersonal communication, social skills, stress & anxiety, self confidence and self awareness among many others.

THEATRE THERAPY

Drama based learning uses the sophisticated improvisational skills of professional actors and drama facilitators to essentially hold a mirror up to the participants, after first setting up a completely non-threatening and safe learning environment. The versatility and malleability of drama-based methodologies enables us to engage participants, intellectually and emotionally, in initiatives that raise awareness and develop empathetic behaviours in them with their colleagues, clients and customers.





GONG THERAPY

A sound bath is a relaxation technique and meditative experience whereby participants “bathe” in the sound waves produced by instruments such as chimes, gongs, drums and singing bowls. The sound stimulates our circulation and immune system, helps to release negative emotions stored in our body and also balances both hemispheres of our brain, promoting deep relaxation.

ART THERAPY

This workshop offers an opportunity to explore personal potentials and problems (obstacles) through the aid of a canvas. It will help employees to express their feelings and grievances which they would never express verbally. Art therapy would not only help in stress management but would also lead to better team building and creating a healthy work environment. The benefits do not end here rather extend to facilitating smooth communication and fostering creativity and innovation in the organisation.





ZUMBA

Approach employee fitness and wellbeing in a whole new way with Zumba dance sessions. This workshop will consist of a series of specially designed moves and rhythmic patterns which will enable the participants to have a healthier way of dealing with stress at work. The focus is on body and mind health, spreading the knowledge and techniques on how a healthy body and mind can make one more productive in day-to-day life.

STORYTELLING FOR CORPORATES

Through a series of engaging and fun stories, this workshop aims at delivering concepts that need to impact at the root level and remain with the participants. The workshop aims at covering aspects like self awareness, overcoming obstacles in communication, innovative ways to pitch ideas and solutions among many more. It will enable the participants to become clear, confident and engaging communicators.





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