

November Specials!

Online Session Suggestions aligned with important dates of November

Product Type - Workshop

Children's Day – November 14

1. Parenting Languages: Understanding, Adapting & Growing Together

An insightful session helping parents decode their unique parenting style and language. Participants reflect on how they communicate with their children and explore small, practical ways to bring more empathy, balance, and understanding into daily family life.

2. Balancing Acts: Managing Work, Family & Self

This engaging wellness session guides employees through practical strategies to maintain healthy work-life balance. Through reflection and sharing, participants learn to nurture both professional success and meaningful family connections.

World Kindness Day – November 13

1. Gratitude Within: Strengthening Inner and Outer Connections

A reflective, experiential session exploring how gratitude enhances our relationship with ourselves and others. Through short guided activities and countenance-based awareness exercises, employees learn to build deeper, more meaningful human connections.

2. Compassion in Action: Kindness, Boundaries & a Healthier Workplace

A practical, thought-provoking session on how kindness and clarity can coexist at work. Participants explore healthy boundaries, respect in communication, and how empathy can enhance collaboration and workplace well-being.

International Day for Tolerance – November 16

1. Let Go & Renew: Releasing the Past, Reclaiming Peace

A powerful inner wellness session designed to help participants acknowledge, release, and heal from past negative experiences. Through guided reflection and mindfulness exercises, they learn to cultivate self-compassion and emotional freedom.

2. Open Minds, Strong Teams: The Art of Assertive Tolerance

This session explores the fine balance between tolerance, boundaries, and authenticity. Employees learn how to be assertive without aggression, respect differences, and create healthier, more psychologically safe team dynamics.

Men's Day Specials!

Online Session Suggestions (Financial, Nutrition, Mental Wellness)

Product Type - Workshop

Smart Money Moves: Financial Fitness for Men

- Understanding personal money habits and attitudes
- Learning how to track, save, and invest smartly
- Quick demo on expense tracker or SIP calculator
- Group Q&A on common money mistakes and fixes
- Practical takeaway: 3-week savings challenge

Building Wealth, Not Worry: Financial Planning Made Simple

- Debunking myths about investing and financial security
- Walkthrough of emergency funds, insurance, and asset allocation
- Interactive poll: "Which stage of financial life are you in?"
- Case examples for mid-career professionals
- Q&A and personalised goal-setting activity

Fuel for Thought: Nutrition & Mental Health for Men

- Understanding food-mood connection and energy regulation
- Identifying everyday nutrition challenges (sleep, cravings, fatigue)
- Reflection: "What's one small food swap I can make?"
- Small group discussions on accountability and planning
- Recap and guided visualisation for mindful eating

Energise to Thrive: Eating Right for Work & Life

- Assessing your current eating patterns through a short quiz
- Practical tips: pre-workout snacks, desk-friendly meals, hydration hacks
- Myth-busting: protein, carbs, and "good" fats
- Create a personal "power plate" for balanced energy
- Wrap-up with motivation journal entry: "My fuel mantra"

Story of Me: Reflect & Reimagine

- Guided reflection: writing letters to your younger and future self
- Expressive doodling and story sharing in small breakout groups
- Identifying patterns of growth and areas of gratitude
- Creative closure: drawing a symbol that represents your journey
- Group reflection and key learnings

Life Balance Lab: Micro Wins for Men

- Quick self-check-in on current routines and stress points
- Group discussion: "Where does my energy go?"
- Habit Hack brainstorm in small groups (sleep, breaks, digital detox, exercise)
- Set one "Micro-Win" goal for the week
- Reflection and accountability wrap-up