

#WELLBEINGATWORK #STAFFWELLBEING  
#BUSINESSWELLBEING #MENTALHEALTH  
#WELLBEINGINTHEWORKPLACE

EN.ANANDA-THERAPIE.CH

# STRESSMANAGEMENT AND CORPORATE WELLBEING WITH ANANDA



LESS SICK LEAVE AND A NOTICEABLE INCREASE IN PRODUCTIVITY IN YOUR COMPANY.



STRESS MANAGEMENT IN A NUTSHELL.

- Stress is a reality that we are all confronted with.
- What if stress did not take center stage?
- What if new opportunities outweighed our challenges?
- What if a change of perspective was all it took to increase productivity and even profitability?

# ANANDA BEWEGT.

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ANANDA BEWEGT invites you to look at your organization from a different perspective by using powerful questions to redirect focus and empower individuals to use their own inner compass and strengthen their ability to problem solve and deal with everyday office stressors.

The flexible fitness offers for companies and their employees can range from occupational health management to workplace ergonomics and the optimisation of physical strain.



The sports and wellness offers reduce absences due to illness, contribute to a positive working atmosphere and are a benefit for the company and employees alike.



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## ABOUT ANANDA



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My experience in working for large corporations, medium-sized and smaller companies allows me to look at workplaces differently by using powerful questions to rewire focus and empower the individual to tap into their own internal compass and skyrocket their ability to problem solve and deal with everyday office stressors. And my multilayered knowledge of the body and mind provides me the opportunity to support the interaction and functioning of the human body in a more refined way.

WHAT IF OPPORTUNITIES AND  
POSSIBILITIES SURPASSED PROBLEMS?

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and training

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