



Corporate Wellness Workshops

One-Off Workshops and Long-Term Wellness Programs

Corporates, Government Departments, Universities, Schools, NGOs and other organizations



About us

At Inspire2Aspire Consulting, our goal is to inspire individuals and organizations to be happier, healthier and to aspire for higher goals in life.

We have worked with over 100,000 Individuals from Corporations, NGOs, Schools, Universities and other organizations.

Our Company was featured in the Wellness Section of South China Morning Post in July 2021:
<https://bit.ly/3wDMN33>



Our Approach

Five Themes and Wellness Objectives

The Specifics of Each Session

Workshop Description for Each Session

Meet Your Trainers

Mahesh Pamnani and Honey (Helen) Pamnani

Client Testimonials

300+ Organizations including corporates, government departments, schools, universities, NGOs and social enterprises

100,000+

Happy and
Healthy Clients

100+

Organizations
Impacted

300+

Workshops
Delivered

20+

Countries
Global
Outreach

Organizations We Have Worked With



WELLINGTON
COLLEGE



THE UNIVERSITY OF HONG KONG



CUHK
香港中文大學



Junior Achievement
Hong Kong
國際成就計劃香港部



AWA
American Women's Association of Hong Kong

Our Approach



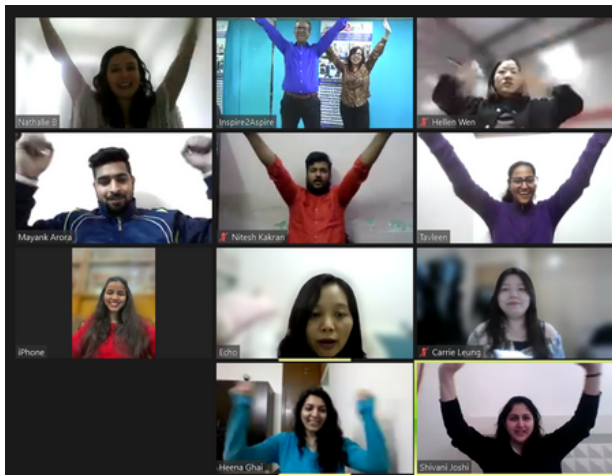
Evidence-Based

Our trainers are trained in the Science of Wellbeing, Behavioural Health, Positive Psychology and Happiness. Our workshops cover evidence-based tools to create sustainable change for your employees and organization.



Experiential and Action-Oriented

Our workshops are not one-way lectures. We engage participants through activities that let participants apply what they've learnt. Sharing sessions also allow participants to learn from peers and trainers.



Flexible Formats: Face-to-Face, Hybrid, Virtual

Depending on your organization's format, we offer in-person, virtual and hybrid workshops, webinars, Lunch'n'Learn, talks, seminars, keynote speeches and more.

How We Do It

Assess

Educate

Implement

Sustain

Flourish

Learn more about our Wellness Solutions www.inspire2aspire.org/what-we-do

Workplace Wellness

Our Workshops Cover Five Themes

Holistic, Whole Person Wellbeing

A Combination of Physical, Mental, Emotional, Relational, Spiritual and Intellectual Wellbeing

The Transformative Power of Resilience

Resilience is a Mental Health Asset. We focus on Training Individuals and Teams to Bounce Back from Failures & Negative Experiences

Delicate Balance Between Stress and Performance

How to Leverage Stress to Enhance Productivity

Team Building Activities

Activities Are Energizing and Fun, Help Overcome Cultural Barriers and Boost Performance and Wellbeing

Mindful Organizations

The Impact of Mindfulness on Work-related Outcomes including Creativity, Focus, and Stress Management



Contact us

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www.inspire2aspire.org

Holistic, Whole Person Well-Being

Wellbeing Webinars for Employees

10-Part Workshop Wellbeing Series

The SPIRE Whole Person Wellbeing model was developed by Harvard University Professor Tal Ben-Shahar and the Wholebeing Institute.

Our Workshop series is based on this and covers Physical, Relational, Emotional, Intellectual, and Spiritual Wellbeing. We've expanded the Workshop Series to cover more relevant topics for our everchanging globalized, digital world.



Session #1: Intro Session - What Wellbeing Is and What It is Not

Session #2: The Role of Happiness in Wellbeing

Session #3: Physical Wellbeing as the Foundation to Whole person Wellbeing

Session #4: Relational Wellbeing - With Yourself and The People Around You

Session #5: Emotional Wellbeing - Transforming Threat into Challenge

Session #6: Intellectual Wellbeing - The Laws of Lifetime Growth

Session #7: Spiritual Wellbeing - He Who Has a Why To Live

Session #8: Digital Wellbeing – A Healthy Relationship with Technology

Session #9: The Neuroscience of Habit Formation

Session #10: Reflection

Other Workshops

- Positive Rituals to Boost Performance
- Positive Relationships at Work
- Creating a Positive Workplace
- Sleep Awareness
- Work-Life Balance
- Work-Life Harmony



**Collaboration with HKU Common Core:
Happiness Workshop for Students**

Holistic, Whole Person Well-Being

Train-the-Trainer: Wellbeing for HR and Executives

We offer training programs for Human Resources teams and executives to understand and implement wellbeing on an individual and organizational level.

From workshops to CEO retreats, attendees shared that the practices learnt were easily applicable and contributed to a boost in productivity.



Consultations: Wellness Assessments and Customized Solutions

How do your employees score on wellbeing?

We help you measure this. Following assessments, we suggest evidence-based tools and guide you through successful implementation to bring up wellness scores in line with company goals.

Examples include wellness solutions to lower healthcare costs, improve employee engagement and productivity.



The Transformative Power of Resilience

Building Emotional Resilience

Resilience Reduces Stress, Anxiety and Absenteeism, contributing to better Health and Wellbeing in the long-run. Employees Adapt to Change Quickly, and the Company Develops a more Loyal and Engaged Workforce.



Research shows Highly Resilient Employees were 31% More Productive During the Pandemic than the Least Resilient Workers.

This workshop helps participants build Resilience through tools including Psychological Flexibility, Growth Mindset, Character Strengths, Thriving Under Pressure, Positive Reframing and Moving From Resilience to Antifragility.

Positive Change Management



**Boosting Vitality Workshop
at Rotary Club HK South Luncheon**

Change is the Only Constant. A negative experience can lead to post-traumatic stress or post-traumatic growth. In this workshop, we teach participants how to enforce the latter using Positive Psychology interventions, Overcoming Fear, Changing one's Mindset and Learning to Thrive with Change.

Delicate Balance Between Stress and Performance

Stress Management Workshops: Using Stress To Your Advantage



Stress Management workshop for Hospital Authority Staff

In a 2014 survey, 85% of Americans agreed that stress has a negative impact on life and work. But in a 2013 Stanford survey of business leaders, 51% of participants said they did their best work while under stress.

In this workshop, we teach you about the different types of stress and how to change your mindset and body's response towards stress to perform well under pressure.

Dealing With Burnout



A 2013 survey of more than 5,100 North American workers found that 62% felt high levels of stress, loss of control, and extreme fatigue. The percentage was higher for certain industries, including banking and finance.

This workshop teaches employees to spot signs of a burnout and if they experience it, how they can bounce back. There's a focus on rest - physically, mentally, emotionally and spiritually.



Stress Busting Sessions for Hong Kong Police Force and family members



Delicate Balance Between Stress and Performance

From Distress to De-stress

This workshop is a quick stress-busting session for your employees. We help your team members understand what stress is, how our body reacts to it, the best coping mechanisms and rituals that help you with stress management. We also try some of these interventions including Laughter Yoga, breathing exercises, meditation sessions and positive rituals.



Stress Management Workshop for Citibank



AXA Empower to Inspire Workshop

How to Achieve Work-Life Balance

When you ask someone to visualize work-life balance, you'll be surprised how many people split work and life into a 50-50 chart. In this workshop, we teach participants what work-life balance really means and the habits they can build to balance work, family, friendships, hobbies and other aspects of life.



Laughter Yoga & Work-Life Balance workshop with Starbucks HK



Work-Life Balance workshop with Prudential

Team Building Activities

Strengths-Based Talent Development

Our personalities are made up of strengths and weaknesses. Research shows a strengths-based approach to Talent Development make employees happier and improves employee experience and retention.

In this workshop, we help participants discover their Character Strengths and teach them to apply these strengths to their career, relationships and journey towards self-improvement. Encouraging sharing sessions, team members that understand each others' Character Strengths are able to improve cohesion and relationships among teammates.



Staff Development Day Workshop at Wong Tai Shan Memorial College

Laughter Yoga

Laughter is contagious and it spreads to participants on Zoom and in-person. Laughter Yoga can be used for Team Building, to boost Employee Engagement, to Relieve Stress and Reduce Absenteeism.

Not to mention, it is a great exercise for the body and the brain.



Virtual Laughter Yoga with AIA



Laughter Yoga at Mercer Health Forum 2018



Laughter Yoga at CSR Asia

Team Building Activities

Office Yoga & Deskercise

Sitting for long hours at a desk increases the risk of cardiovascular diseases, compromises posture and has harmful long-term health consequences if it becomes a habit.

Office & Desk Yoga sessions teach participants to stay active within a confined office space - be it their desks at work or a small apartment when they're working from home.

Yoga poses, combined with breathing exercises, boost blood circulation and energy levels instantaneously. Moreover, participants learn to add these exercises to their work routines and develop more active lifestyles.



Office Yoga for Wellington China (HK)



Office Yoga with teachers at Sir Ellis Kadoorie Secondary School

Yoga Dance Session



Yoga Dance & Laughter for CITIC

Yoga Dance combines two energy-boosting activities that serve as excellent icebreakers. Alongside yoga and dance, we teach participants breathing techniques with many benefits including reducing stress and anxiety, purifying blood, boosting metabolism, relieving pain. These are techniques simple enough for participants to learn and practice without a yoga teacher.

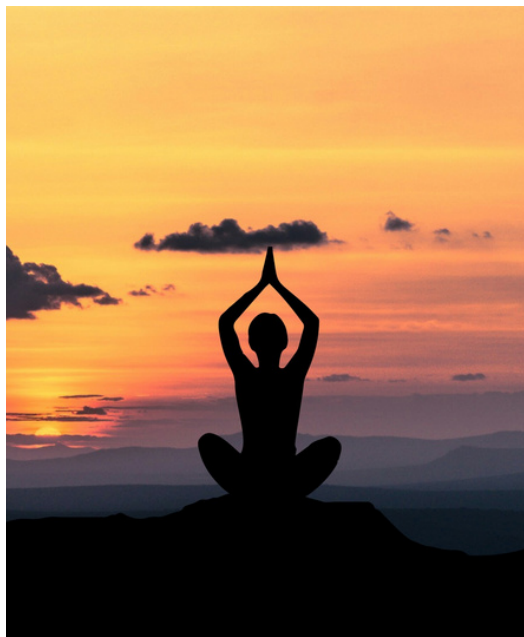
Mindful Organizations

Mindfulness in a Frantic World

Most people underestimate the value of a simple awareness that arises from paying attention. In this workshop, we introduce participants to true meaning of Mindfulness.

With guided meditations, we teach participants to integrate simple mindfulness techniques to relax and relieve stress.

Positive Rituals for Peak Performance Workshop with Li & Fung



Mindfulness to Boost Productivity and Creativity

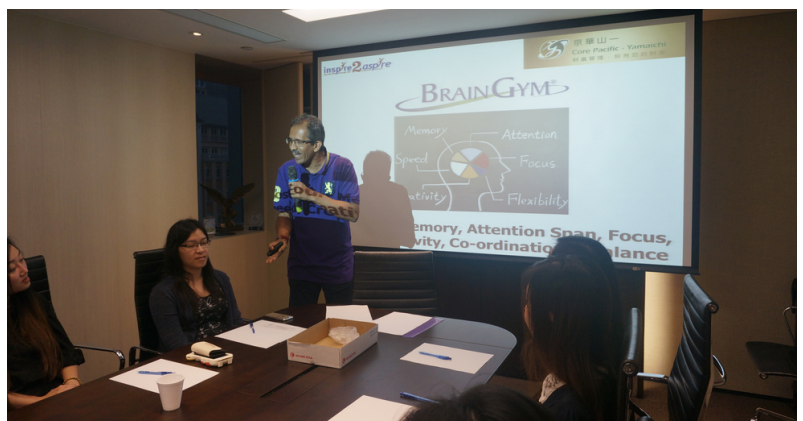
This workshop focuses on how to improve your mental focus and increase concentration and creativity by practicing mindfulness.

Mindfulness is the process of actively noticing new things. Our workshop covers techniques of meditation, mindful pauses, reflective listening, and other mindfulness practices to achieve work-related outcomes.

Brain Gym

Brain Gym focuses on boosting the brain's capacity for memory, attention span, creativity and balancing the left and right brain.

The exercises taught are especially useful for employees in knowledge work and creative industries.



Brain Gym Workshops with Yamaichi Core Pacific

Mindful Organizations

Applying Mindfulness & Self-Compassion In Our Daily Lives

"Self-compassion is simply giving the same kindness to ourselves that we give to others." - Christopher Germer

We teach self-compassion & mindfulness-based practices to soothe the inner critic and boost wellbeing in this interactive experiential workshop.

We teach participants how to treat themselves with kindness and care in difficult moments and integrate self-compassion into their daily lives.



**Mindfulness and Self-Compassion
workshop for Parents of Special Needs
children part of SNN Hong Kong**

Mastering Breathing Techniques

**CSR ASIA
SUMMIT 2016**

SEPTEMBER 28 - 29
KOWLOON SHANGRI-LA · HONG KONG

**A Breathing and
Mindfulness
Workshop at
CSR Asia 2016**



Different breathing exercises have different purposes.

Some are used for relaxation, others can replace a cup of coffee.

This experiential workshop focuses on understanding and applying breathing exercises to improve focus, become more energized and productive, combat stress and achieve peak performance.

Meet Your Trainer: **Maresh Pamnani** (aka Happy)



Maresh Pamnani
Chief Happiness Officer

Maresh Pamnani is the founding partner, trainer & Chief Happiness Officer at Inspire2Aspire Consulting with over 13 years of experience designing and delivering health, happiness and wellness workshops all over Hong Kong.

- Bachelor's Degree in Science
- Studied Wholebeing Positive Psychology under Dr. Tal Ben Shahar at the Wholebeing Institute in USA
- Masters Degree in Behavioral Health at HKU
- Positive Psychology Coach
- Well-versed in positive leadership and neuroscience
- Laughter Yoga teacher and an active Yoga practitioner.
- Teaching Wellbeing at 3 universities in HK



For more information: www.inspire2aspire.org/mahesh-pamnani-happiness-trainer

Meet Your Trainer: **Honey Pamnani** (aka Helen)



Honey Pamnani
Chief Wellness Officer

Honey Pamnani is the founding partner, trainer & Chief Wellness Officer at Inspire2Aspire Consulting with a training background and experience delivering wellbeing workshops to corporates, HK government and communities.

- Completed a Masters Degree in Training at the University of Leicester
- Laughter Yoga Trainer and an active Yoga & Meditation practitioner
- Led workshops in collaboration with HK Breast Cancer Foundation, Zubin Foundation and many NGOs
- Mentoring youth from business and social backgrounds
- Well-versed in holistic healing, aromatherapy and healthy lifestyle



For more information: www.inspire2aspire.org/honey-pamnani-chiefwellnessofficer

Client Testimonials



Mahesh did an absolutely wonderful job working with our undergraduates in the Common Core@HKU and beyond in his 8-Part Pillars of Wellbeing Series. He's empathic, funny, keeps things moving and always deepens student engagement. More to come!

Professor Gray Kochhar-Lindgren
Director of Common Core
The University of Hong Kong



Inspire2Aspire is one of HKU Common Core's Learning Partners.



Before the 4-hour workshop, my energy level was barely 3-4 and my stress level was 10 (max). At the end of the workshop I felt my energy level was close to 8 and my stress level had dropped to 5. I also experienced relaxation, positivity, deep connection, happiness, fun, joy, empowerment and peace. I thoroughly enjoyed the workshop and it was very insightful and helpful.

Lawrence Ma
Chief Executive Officer
Lee Heng Diamond Group

LH◇DG

LEE HENG DIAMOND GROUP

利興鑽石集團

MADIA
Art you can wear


MABROS

MaBelle
It's Diamond. It's Different.

Get a Quote



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Special rates apply for NGOs and Social Enterprises.