

# MEANINGFUL WELLNESS RETREAT

At Dream  
World Resort  
With Overnight Stay.

A holistic wellness **Experiential Learning**  
program to **Transform** your physical,  
mental and **Overall Wellbeing**.



## **Dream World Resort**

(2 Days Of Experiential Learning  
With Overnight Stay)



## **Januray 2024**

19th & 20th  
Friday & Saturday

More than  
**1500**  
corporate  
alumni

More than  
**50**  
wellness  
workshops



MEANINGFUL  
LIVES



# Program Overview:

Meaningful Wellness is a 2 day experiential learning program that has been designed by Tanzeel Raza based on his 12 years of experience in the wellness industry. Our wellness program is based on the philosophy of " **Lifestyle As A Medicine** ".

The program has been delivered with leading corporations of Pakistan including the State Bank of Pakistan, Pakistan Refinery Limited, Louis Dreyfus Company, Jubilee General Insurance and Dolmen Group to name a few.

- Yoga
- Painting
- Stretching
- Sleep Posture
- Mindfulness
- Water therapy
- Plantation
- Deep Breathing
- Physical Health Assessment
- Correction & Demonstration
- Fitness Challenges
- Purpose-Driven Games





# Program Structure:

## DAY 1

### (Morning - Mental Wellness)

- Mental Health and its impact on overall wellbeing
- Stress Management perspective building using Golden Triangle Model.
- Healthy ways of managing stress (water therapy, deep breathing, grounding)
- Action strategy (Training Manual activity)

### (Afternoon - Physical Wellness)

- Physical health screening
- Fitness Test
- Body posture analysis
- Yoga
- Exercise (Out door exercises)

### (Night - Sleep & Games)

- Bon Fire/ Pop Quizzes and Games.
- Cycling and walking.
- Sleep posture demonstration.

## DAY 2

### (Morning - Work Ergonomic)

- Early morning yoga.
- Healthy break fast.
- Body posture analysis.
- Body posture exercises.
- Work ergonomic demonstration.
- Driving Ergonomic demonstration.
- Work station management.
- Correct office equipment using postures.
- Self care in terms of maintaining body posture.

### (Afternoon - Nutritions)

- Review of current diet plan and eating routine.
- Awareness about health related problems due to unhealthy eating.
- Customized diet plan as per participant body structure and internal biology.
- Healthy eating tips, advice and guidance.

### (Evening - Sleep, Energy & Habit)

- Understanding the importance of sleep and sleep cycle.
- Learn things that impact sleep pattern.
- Activities that boost energy.
- Activities that help recover physical and mental energy.
- Habit formation effective methodology.
- FINAL ACTION Plan!



# Learning Outcome

- A customized wellness plan based on pre-assessment, healthy screening and physical activity screening. The self-developed plan will help you embark on a journey of self-care and wellbeing that will improve your overall Quality of life.
- By applying healthy destress methods, techniques and ways that will help you manage daily work related and personal life stress.
- You will develop healthy eating routine that is sustainable and can easily be included in your lifestyle.
- You will develop energy management plan and inculcate energy recovery activities in your daily work routines.



**Bilal Yousuf Chabra**  
CEO of Louis Dreyfus Company (LDC)

*"On our annual SHE day we brought in Tanzeel to talk about the importance of healthy lifestyle and also engage the team in some exercises. Tanzeel was very convincing in showing a relationship between a healthy lifestyle and happiness; since the session, many of us started regular training and balance diet resulting in efficiency at work and also improvement in our happiness levels. Apart from that he taught us various exercises that can be done at work and engaged us in a lot of fun activities. I highly recommend Tanzeel training and coaching of health and wellness."*





# Trainer Profile

## Tanzeel Raza

Tanzeel is CEO of Meaningful Lives, who is a seasoned corporate trainer and coach with focus on behavioral and physical transformation through soft skills and wellbeing training. He has over 9 years of experience in training & transforming professionals and organizations in Australia and Pakistan. He has worked with top global organizations, include "Hudson Global Resource", a leading MNC providing learning and staffing solutions in Australia. He has enabled organization and professionals in Pakistan to unleash their potential and reach peak productivity level by providing meaningful training solutions. Tanzeel has facilitated more than 450 trainings in Pakistan, has worked with more than 50 organizations and have trained more than 3500 professionals from all walks of life.

He completed his MBA from CQ University (Australia) in International Business and an ACCA Affiliate. He is a Certified Public Speaker from California Institute of Behavioural Neurosciences & Psychology and a Certified Professional Trainer from IAPPD, UK. Tanzeel also teaches Leadership and Management courses to MBA students. Tanzeel is also a Certified Fitness Trainer from Australian College of Sports and Fitness and Certified Boxing Trainer from Punchfit Australia.



# Target Audience

- Middle and front line managers.
- Entrepreneurs and start up founders.
- High potential individuals with 3 or more years of experience.

## Terms and condition:

### A The following expenses are covered:

- Dream world resort hotel room, food, snacks and all other facilities.
- Training Manual.
- Activity consumables.
- Group photo, training session pictures.
- Certificates.

### B The following charges are not covered:

- Participant insurance
- Travel from home to dreamworld resort and back.

## Program Investment:

- Investment Per Participant PKR 60,000/-
- Early Bird Investment Per Participant PKR 55,000/-

## Our Trusted Clients:



For experiential learning  
and other training programs!

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MEANINGFUL  
LIVES

#Rise  
Above  
Ordinary