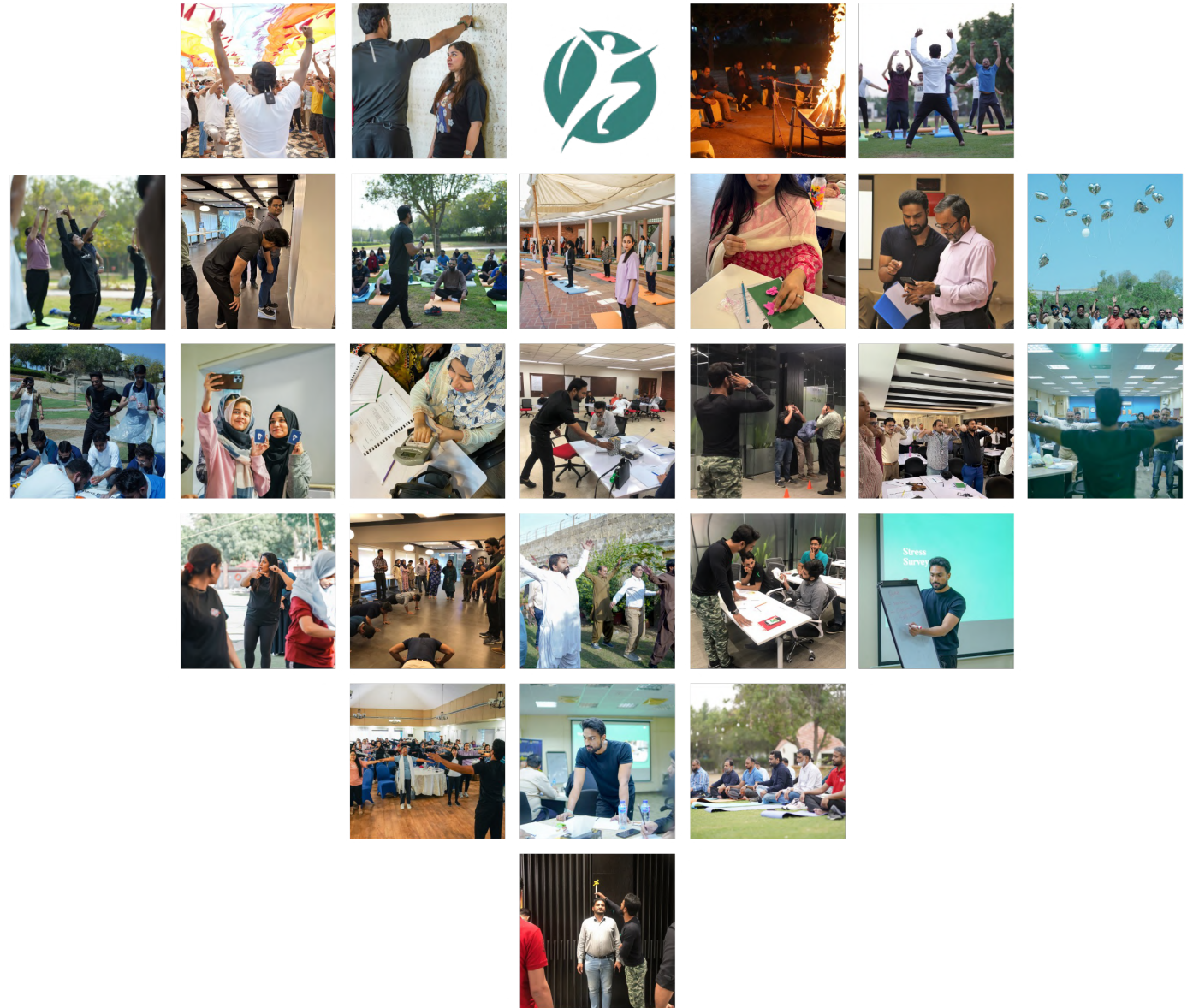


Meaningful Wellness

Master the art of living well.

By Tanzeel Raza



Meaningful Wellness

Program Overview

In a fast-paced global economy, organizations face rising turnover and declining productivity as employee health deteriorates. To counter this, leading enterprises leverage strategic wellness to drive growth and reduce insurance costs.

With a track record of **200+ workshops** across **50+ organizations**, we provide high-impact wellness solutions designed for the modern workforce.

Our Solutions

- 1-Day Wellness Workshops: Immersive, high-impact sessions.
- 2-Day Outdoor Retreats: Deep-dive restorative experiences.
- Digital Learning: Scalable online wellness modules.
- Onsite Vitality: Targeted yoga, mental health, and self-care sessions.

The Philosophy: Lifestyle As Medicine

We move beyond theory to deliver **practical action steps**. Our program empowers employees to treat their daily habits as a foundation for health, resulting in:

- Enhanced Focus: Sharper cognitive performance and work-related output.
- Strategic Growth: Improved organizational productivity and profitability.
- Measurable Outcomes: Every participant exits with a personalized wellness action plan.

Meaningful Wellness



Program Modules

Mental Wellness:

- Importance of self-care in improve mental health.
- Unhealthy ways of coping with work related and person life stresses.
- Self-control and managing impulses (anger).
- Practical steps of improve mental wellbeing.

Nutritional Wellness:

- Awareness about health-related problems due to unhealthy eating habits and diet.
- What food not to eat, and what food to eat in light of recent researches.
- Sustainable diet plan for working professionals.

Occupational Wellness:

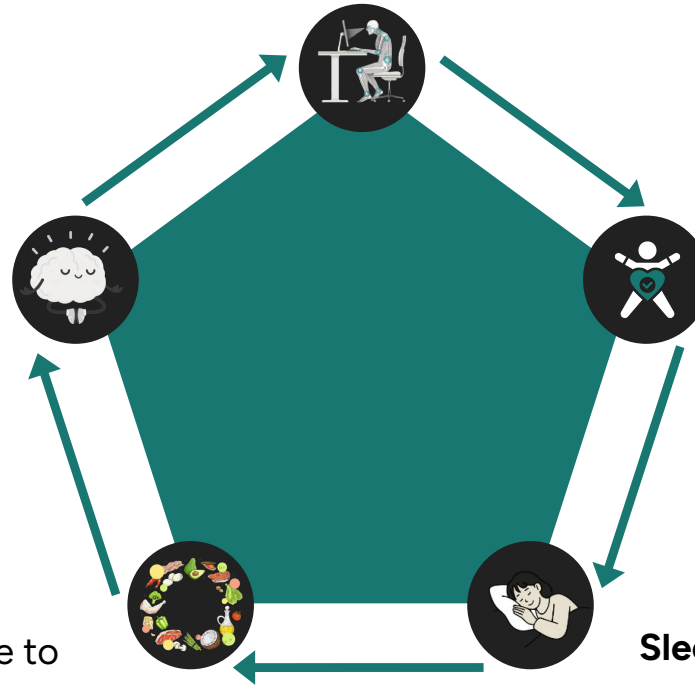
- Posture correction (standing and driving).
- Workplace ergonomics and desk exercises.
- Driving ergonomics.

Physical Wellness :

- Science backed importance of movement in urban cities.
- Physical health assessment using medical apparatus (posture, BMI and joints).
- Awareness about common health related problems in Pakistan.
- Easy to do **office stretches** and home-based body weight workout specifically designed for corporate professionals.
- Workout plan and fitness goal setting.

Sleep Management:

- Understanding the importance of sleep.
- Learn lifestyle factors that adversely impact sleep.
- Sleep posture, head and neck placement.
- Learn practical action steps to improve sleep quality.



Meaningful Wellness

Program Learning Outcome

As a result of this program participants will learn practical **action steps** to improve their physical, nutritional, sleep, mental and overall wellbeing. They will **develop** an action plan that will help them balance health, self care and work in a way that results in increased productivity and performance.

Training Methodology

- Researched based content (Lecture)
- Health assessments using medical apparatus and questionnaires
- Demonstration, exercises and fitness challenges
- Kinaesthetic activities
- Authentic health and wellbeing videos
- Group discussion and collective brainstorming activities
- Training manual exercises

Target Audience

Meaningful Wellness program is highly customizable and can be designed for employees of all cadres.

Meet The Trainer

Tanzeel Raza



Tanzeel Raza is **the CEO of Meaningful Lives** and a seasoned corporate trainer and coach, specializing in leadership development, personal productivity, and workplace wellbeing. With a strong emphasis on soft skills training, he empowers professionals and organizations to achieve sustainable growth through practical, **human-centered learning experiences**.

He has over **10 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. Tanzeel's training programs are designed based on latest academic researches, **proven tools**, frameworks, models and includes **real life corporate** short case studies to build relevance and relatability with his audience. He has facilitated more than **750 trainings** in Pakistan, has worked with more than **100 organizations** and have trained more than **20,000** 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**.

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