



Corporate Wellness



# Expert

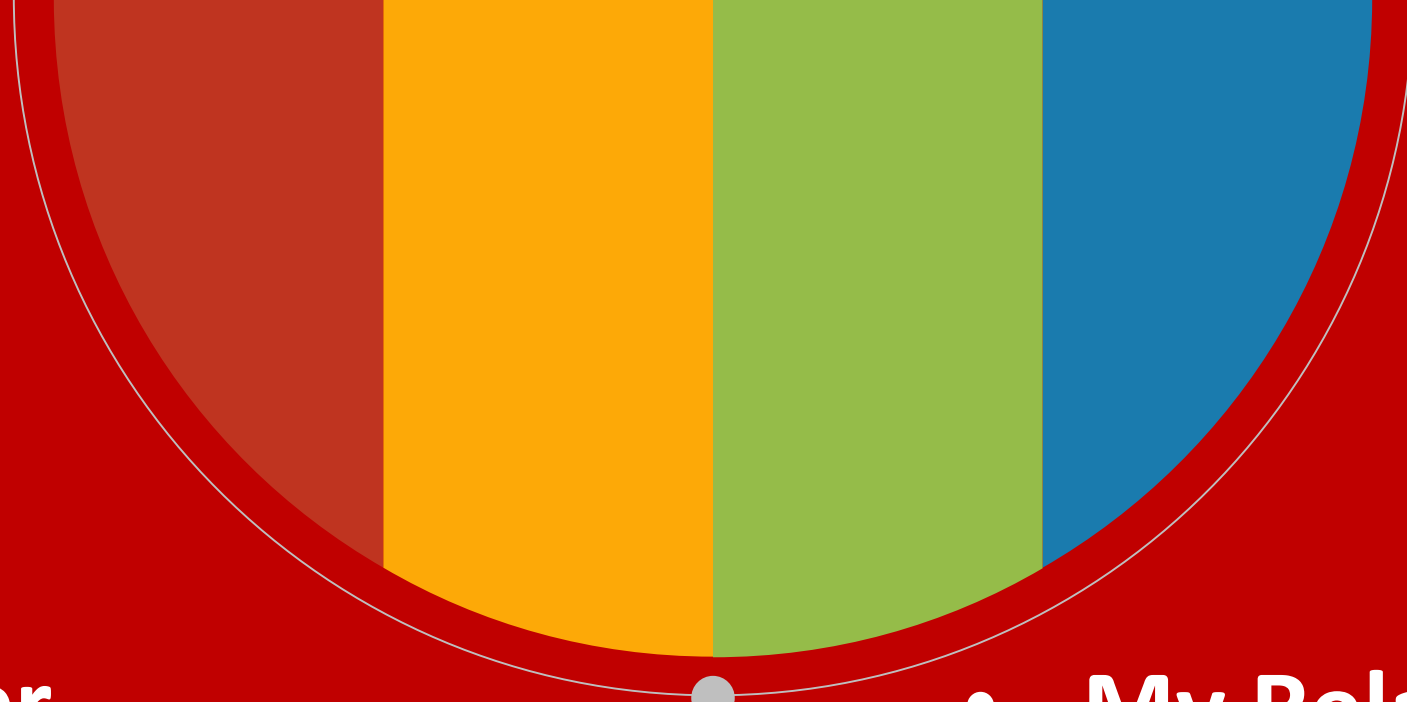
Mind. Body. Soul

# Life





# Global Leaders



- **My Career**
- **My Business**
- **My Mental Health**
- **My Internal Peace**
- **My Bitter Experiences**
- **My Better Future**

- **My Relationships**
- **My Fears**
- **My Hurdles**
- **My Growth**
- **My Leadership Skills**
- **My Productivity**





**Gohar  
Transforms  
Your Life**

# Industry Focus

**Engagement**



**Performance**



**Productivity**





# Big Disconnect

Between People and Organizations





**65%**

Of people are working with stress issue not reported to HR

**70%**

Of people are working with the proper health converge

**85%**

Of companies are not offering Corporate Wellbeing Programs

**53%**

Of people are actively involved in finding new job



# Ultimate Impact



**Disengagement  
Ineffectiveness**



**Employee  
Absenteeism**



**Stress and  
Health Issues**



**Low  
Productivity**



**As A**

**Master Life And  
Business Coach**

**Gohar Offers**





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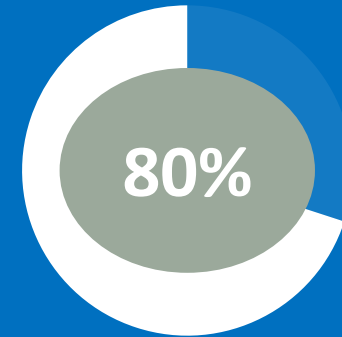


**Practical  
Solution**

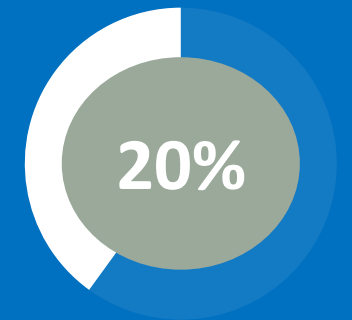
# ESTABLISHING A WORKPLACE WELLNESS INITIATIVE



# By Focusing



EMPLOYEES



ORGANIZATION





**Corporate  
Wellbeing  
Series**



**Peak  
Performance  
Initiatives**



**Psycho  
Analytical Test  
Evaluation**



**C & D Level  
Interactive  
Sessions**



**Employee  
Mental Health  
Assessment**



**Organization  
Better Culture  
Program**



**Seplaa  
Hub**



## Significance for Organizations

1. Wellness Awareness
2. Improves Health
3. Reduced Stress
4. Love for their work
5. Better understanding of their Abilities
6. Relationship Improvement
7. Discipline and Regularity
8. Improve Morale



# Importance for Employees

1. Reduced Healthcare Cost
2. Reduced Employee Stress
3. Improves Productivity
4. Improve Work Satisfaction
5. Employee Retention
6. Employee Engagement
7. Healthy work culture
8. Organizational Growth



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# Gohar`s Value Addition





## VISION

Introducing Wellness Programs for employees' personal and professional productivity, and physical and mental well-being

## MISSION

Optimize performance and productivity by Corporate Well-being Programs for a Collective Growth

## OBJECTIVE

Work together with businesses and individuals to change the way people think about wellbeing



**30+ Years Experience**

**7+ Countries Presence**

**250+ Individual Coaching**

**25+ Corporate Companies**

**100+ C-Level Consultation**

**20+ Global Team Members**

**Gohar`s Facts**



**Master Life Coach**  
**Master NLP Coach**  
**Master Hypnotist**  
**Relationship Coach**





# Gohar`s Expert Team

**Anna Wirdah Gohar**  
Psychologist  
Wales, UK



**Brittney Nichole**  
Emotional Intelligence  
Expert  
North Carolina  
USA



**Tamar Tako**  
Corporate Excellence  
Trainer  
Tbilisi  
Georgia



**Inken Lasar**  
Master Life  
Coach  
Stuttgart,  
Germany





Gohar started his career as a Project Management professional more than 3 decades ago setting up Projects in Oil, Gas, Petrochemical and Power Projects across Middle East, Africa, Europe, Canada and Asia and has worked with some of the renowned global companies like Saudi ARAMCO, SABIC, JGC, Jacobs Inc., Tecnicas Reunidas, PDO, Petronas Carigalli, ABB Milan, during his career. From 2003 Gohar also ventured into fields of Life Coaching and Neuro Linguistic Programming (NLP) due to his passion for Mentoring & Coaching by conducting workshops and courses around the globe. He got the relevant certifications to become certified Life Coach in Year 2017 from Robert Simic Coaching Institute (RSCI) and later on acquired Master certification as well.







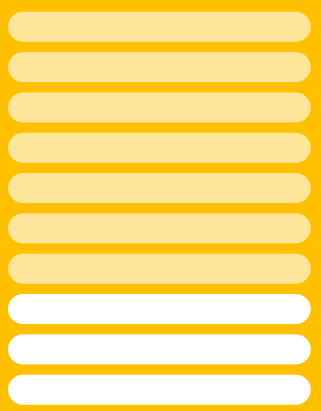
Gohar helps people to overcome their life challenges related to lack of self esteem, lack of confidence, peak performance at work by conducting various Awareness Workshops and courses on Stress Resilience, Productivity & Project Management, both in person as well as online, webinar & podcasts. Gohar coaches Individuals & Teams to realize their full potential, goals, overcome challenges, and make positive changes in their lives.

Coaching primarily focuses on Corporate Wellness, Stress & Anger Management, Conflict Resolution, Self Esteem issues, Negotiation Skills, Performance Enhancement, Fear of Failure, Relationship issue, Social Isolation/ Disengagement. etc.



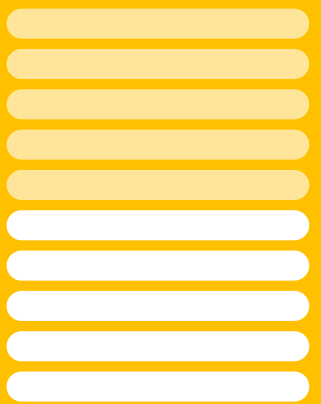


**Absenteeism**  
**Reduced**



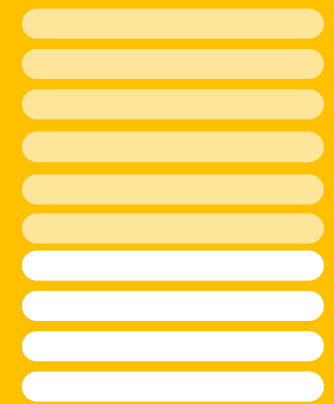
30%

**Health Cost**  
**Reduced**



50%

**Engagement**  
**Increased**



40%

**Productivity**  
**Increased**



30%

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# Gohar

Bio



# Gohar Talks





# Corporate Leaders







# Corporate Engagements





# Corporate Engagements







# Signature Programs









# Let`s Bring Change

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