



Moving Forward Together

From neuro linguistic workshops, Ayurveda to Sudarshan Kriya and podcast series, Concentrix is harnessing the true spirit of collaboration to help its employees tide over this tough time. Read on to know more

RAPID ROUNDUP

- Comprehensive support on financial planning, health, female wellness and NLP for leaders
- Sustained emphasis on ancient Indian wellness techniques like Ayurveda, Yoga and Sudarshan Kriya for better mental balance

Interactive Sessions: Various sessions were organized in partnership with mental health experts, EAP Partner and Neuro Linguistic coach team. Topics included How to Protect Mental Health | Psychological First AID | Preparing You and Your Family for Return to Work | Tips to Manage Remote Workers | Tips on Effectively Working from Home | Living in Uncertain Times During COVID-19 | How to Support Mental Health Concerns

Podcast Series on Moving Forward Together: Topics included Cultivating Emotional Resilience | Managing Relationships | The Long-Term Emotional & Behavioral Effect | Addressing Health Equity in Light of COVID-19

Live Well & Stay Well: Under this, monthly sessions are being conducted on Zoom with internal and external experts for

- Financial Wellness: Sessions by financial experts on investing smartly and saving on taxes during COVID-19.
- Health Talk: Sessions hosted by HODs for all staff members on preventive measures against COVID-19, importance of sleep and nutrition.
- Women Wellness Series: Sessions on reproductive health, breast cancer and advisory tips on Gynecologist visits.
- Psychological Support: Providing tips on managing emotions in young adults and handling children in the new normal.
- Neuro Linguistic Program for Senior Leadership: These programs focused on art of influencing people and create a culture of wellbeing through NLP tools.

Virtual Fitness Sessions: Live virtual fitness classes for our employees once a week with activities like Zumba, Tabata, HIIT, full body workout and meditation.

Weekly Fun & Hobby Club: Sessions by our in-house and

external subject matter experts to encourage our employees to take up hobbies.

Monthly Weekend Session: A perfect companion to wind down the hectic week where our employees indulge in some singing, shayari and a bit of laughter.

Weekly Virtual Games: Games on remote team building activities to break the monotony of working at home.

Habit Formation: A 21-day wellness challenge for employees to develop habit of: appreciation, gratitude, writing, exercise and drinking water.

Guided Meditation: Sessions on power of visualization, gratitude and right breathing technique.

Instant Recharge in 90 Minutes: Monthly session to calm the mind using breathing techniques.

Online Apex Program with 4 Day Sudarshan Kriya: As many as 200 managers have enrolled so far to undergo this extensive workshop.

Ayurveda Sessions: Importance of Ayurveda and how it can boost immunity.

COVID-19 Testing: Tie up with renowned labs to conduct COVID-19 test of employees on priority.

Weekly COVID-19 Awareness Mailers: Safety mailers on how to maintain social distancing at workplace, DIY face Mask, Safe use of sanitizers, etc.

