



THE HEALING EARTH

HEALING MINDS, GUIDING DREAMS



SOUND MEDITATION | COUNSELLING | ART THERAPY | LIFE COACHING | ENERGY
HEALING | CAREER COUNSELLING AND DMIT TESTS

WHAT WILL WE COVER?



Why Corporate wellness	01
About Us	02
Our Corporate Wellness Offerings	03
Demographic Insights	04
Benefits For your Team	05
Success Stories	06
Testimonials	
Get in Touch Touch	07



WHY CORPORATE WELLNESS?



- ✿ **Stress Is the New Normal**

Modern workplaces face rising mental fatigue, anxiety, and burnout.

- ✿ **Well-Being Drives Results**

Balanced minds lead to sharper focus, creativity, and better decision-making.

- ✿ **Thriving Teams, Thriving Business**

Healthier employees build stronger, more resilient organizations.

Employee well-being is no longer a perk, it's a strategic priority. With long hours, tight deadlines, and constant digital connectivity, stress has become an unavoidable part of the modern corporate lifestyle. This not only affects individual health but also impacts focus, productivity, morale, and retention across the organization. Corporate wellness programs are proven to reduce burnout, improve mental clarity, and create a positive work culture where employees feel valued and supported.

OUR STORY



MS. S SHANTHI KAMAK

The Healing Earth was founded by Mrs. Shanthi, a certified holistic healer and counsellor with almost a decade of experience across schools and organizations in India. With a strong foundation in counselling, education, and soft skills training, she offers a compassionate and integrative approach to healing.

She holds a Postgraduate degree in Counseling & Family Therapy, and certifications in Art Therapy, Sound Therapy, and Career Counselling. Her background also includes an M.Sc. in Biomedical Genetics, B.Ed., and DCS, blending science and soul in every session.



OUR CORPORATE WELLNESS OFFERINGS



SOUND MEDITATION SESSIONS

Supportive, solution-focused sessions that help employees manage anxiety, improve emotional health, and enhance team dynamics.



COUNSELLING & STRESS MANAGEMENT

Supportive, solution-focused sessions that help employees manage anxiety, improve emotional health, relationship and enhance team dynamics.



ART THERAPY FOR TEAMS

Creative expression-based sessions to release stress, unlock creativity, and strengthen communication within teams.



ENERGY BALANCING & TUNING

Gentle energy-healing techniques to restore balance, reduce fatigue, and promote inner clarity and calm.



OUR CORPORATE WELLNESS OFFERINGS



INTERACTIVE WORKSHOPS

Engaging sessions designed to promote wellness and team bonding through interactive activities.



SOFT SKILLS TRAINING

Focused development of interpersonal and intrapersonal skills to enhance workplace relationships.



COMMUNICATION SKILLS ENHANCEMENT

Training to improve clarity, listening, and effective expression for better professional interactions.



STRESS & TIME MANAGEMENT

Practical techniques and strategies to manage stress and optimize time for increased productivity.

DEMOGRAPHIC INSIGHTS



Gender Differences

Women often report higher levels of workplace stress and anxiety, frequently balancing multiple roles at work and home. Men, on the other hand, tend to face more burnout and may be less likely to seek support for mental health issues. Understanding these patterns helps tailor wellness programs to support everyone effectively.

Across all employees, workplace stress, work-life balance challenges, and physical health issues from prolonged sitting are widespread. Mental health struggles such as anxiety and burnout affect productivity and engagement.

Organizations can address these by offering accessible counseling services, promoting regular physical activity, encouraging breaks, and providing flexible work arrangements. Creating a culture that supports open conversations about wellness empowers employees to seek help early, leading to healthier, more resilient teams and reduced absenteeism.

BENEFITS FOR YOUR TEAM



Enhanced Emotional Resilience

Equip your team with tools and techniques to better manage stress, recover quickly from setbacks, and maintain a positive mindset even in challenging situations.

Improved Communication & Collaboration

Encourage open, honest conversations and strengthen relationships within teams, leading to smoother workflows and more effective teamwork.

Better Focus & Reduced Anxiety

Help employees develop mindfulness skills that improve their ability to concentrate on tasks, reduce feelings of overwhelm, and foster a calmer work environment.

Long-Term Well-Being Culture

Cultivate a workplace culture that values mental and emotional health, ensuring lasting benefits that enhance overall employee satisfaction and retention.

SUCCESS STORIES

TESTIMONIALS



A Transformative Experience

Something unique and soothing to the ears. Felt at peace within and outside. Kind of felt connected to something I wanted to do always.

Umakanthan Packiyam
Director, Icore technologies

Instant Calm

It was a divine experience I had I went numb all my feelings emotions which was inside from very long back went out of my body in the session it was an amazing experience ❤️

Rakshu Gowda

A Calmer and More Resilient Team

I attended one session of sound meditation and it was a completely different experience. For me who has such a hectic and stressful schedule, it was good to spend an hour and focus on just me. I def recommend it for those who need to just take a minute.. it was amazing at one point to feel my body vibrate along with the sound.. after the session I felt my mind was calm and slept well without waking up a few times. The next day I felt energized and a few of my sense were heightened. Thank you shanti for the experience.

Mrs Neha Kapoor, Sr Content Producer, Amazon

A Transformational Hour

Its one of the amazing therapy which everyone should try it and thanks for conducting your session it was so peaceful :-)

Chandan V

GET IN TOUCH



Ms. S Shanthi Kamak



[the_healing_earth](#)



[Shanthi Kamak](#)



[+91 77957 96422](#)



[thehealingearth.org](#)

