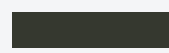


# TEAM BUILDING SOLUTIONS



PRESENTS

## SECRET OF LIFE





# Zen Mode!



In these trying times as our offices have extended into our homes, it is important to unwind and take a breather.

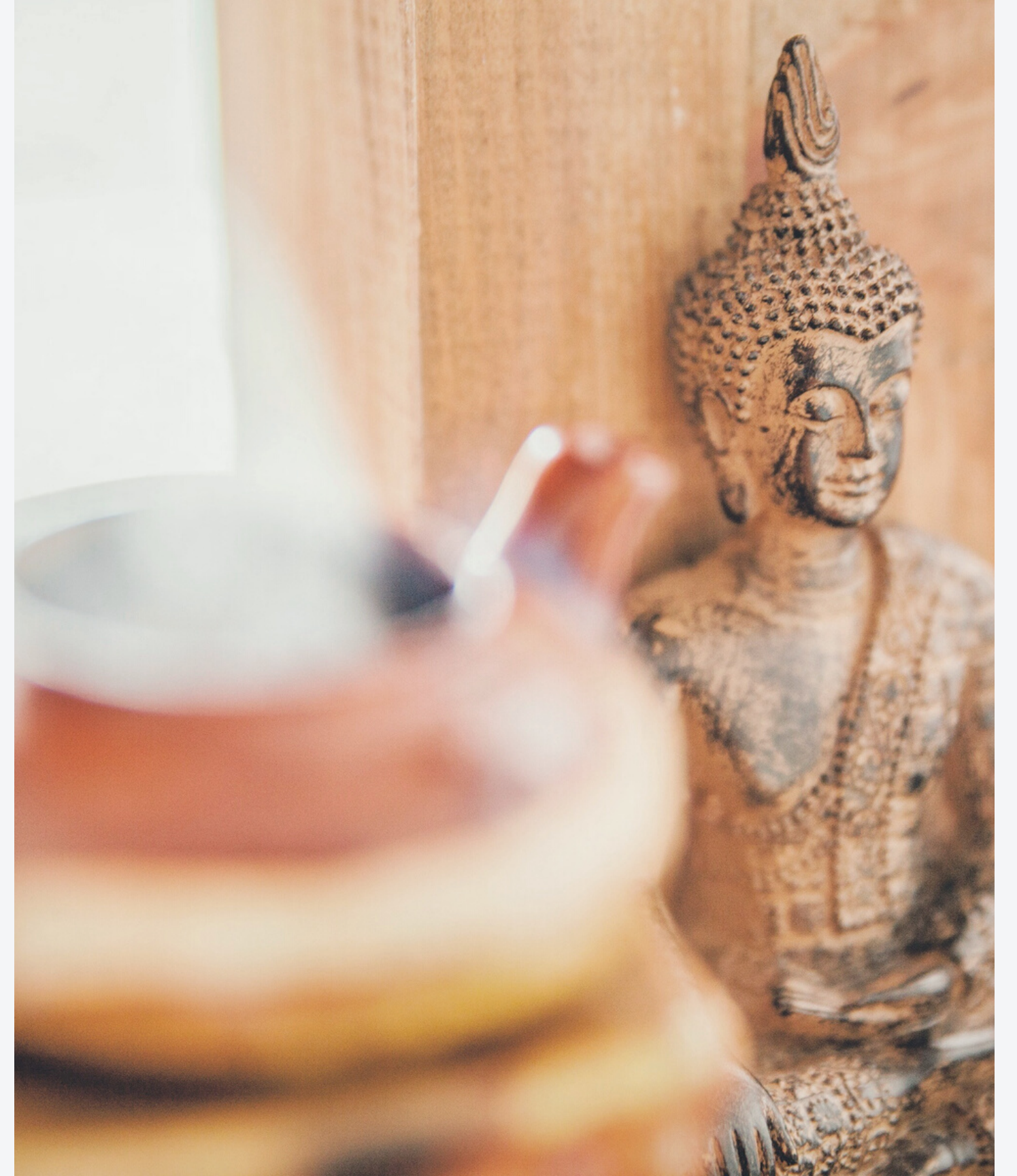
This is the best time to get into, **'ZEN MODE!'**.

Having that **'Me Time'** is very important for our mind and physical well being.



# How do we do it!

MICEkart.com has related topic specialist's speaking once a week for a month and dishing out pro tips to all our participants who embark on this peaceful journey.



# 04 Weeks Journey Overview

## 01 Activity Per Week (Customizable)

P.S.: Each activity can be conducted throughout the month on daily basis.

### WFH WORKOUT

60 - 90 MINS

WEEK 01:  
FRIDAY

### MORNING MEDITATION

60 MINS

WEEK 02:  
FRIDAY

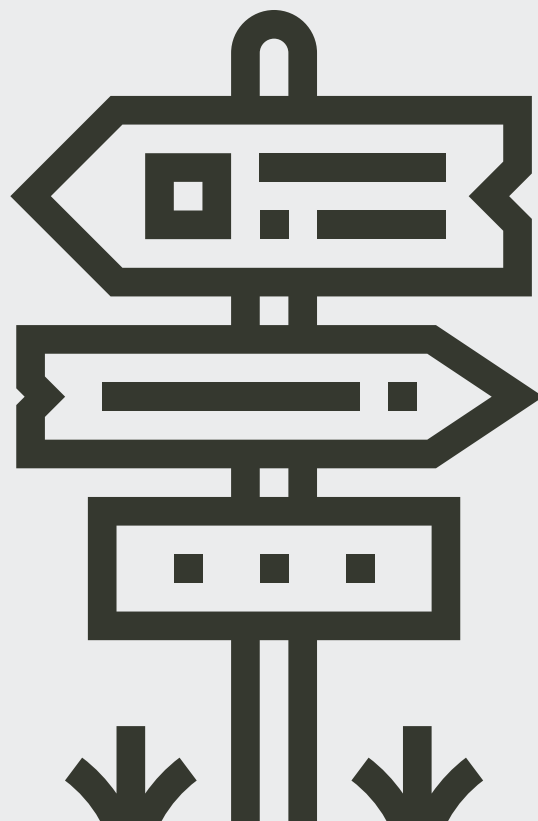
### HEALTHY LUNCH AND LEARN

60 MINS

WEEK 03:  
FRIDAY

YOGA  
60 MINS

WEEK 04:  
FRIDAY







## WEEK 01

# Activity: WFH Workout

The activity which will energize each employee from the sedentary lifestyle due to the work from home syndrome.

**How:** A professional gym trainer guiding you with the most efficient workout session. Helping you relieve workplace stress and strengthen the employees' immunity.

**Duration:** 60 Mins per session



**WEEK 02**

# Activity: Morning Meditation

Meditation at work is highly beneficial to workplace productivity, employee mental health, employee satisfaction.

**How:** With a professional explaining the benefits for meditation and giving tips to relax the mind, body and soul. A beautiful meditation session ending with total relaxation

**Duration:** 60 mins per session







## WEEK 03

# Activity: Healthy Lunch and Learn

Lets make ourselves get into a disciplined and healthy eating routine.

**How:** A nutritionist and health expert will be guiding you with pro tips for healthy meals. Explaining the power of visual presentation on the subconscious mind. Mental and emotional wellbeing for a holistic health and lifestyle.

**Duration:** 60 Mins per session



## WEEK 04

# Activity: Yoga

The art of practicing yoga helps in controlling an individual's mind, body and soul..

**How:** A Yoga expert guiding you through the yoga asanas and explaining how each asana will help build strength, flexibility, confidence and many other health benefits when practiced regularly. A Guideline from Basic to some Complex Asanas will be shown that can be practiced at home.

**Duration:** 60 Mins per session





# Pre-Event Overview



## **Pre-Engagement**

Trivia, Whatsapp Group  
Communications, Email  
Broadcasts

## **Teasers / Invites**

Physical Invites, E-invite,  
Equipment Hampers

## **Launch / Introduction**

Tech Deployment, Stage with  
Corporate branding, Emcee  
Hosting the show





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# Post Event Deliverables

- Giveaway/ merchandise options with personalization and corporate branding
- Personalized and branded virtual photos
- Post event montages
- Door-step delivery of giveaways
- For more give away options visit [www.micekart.com](http://www.micekart.com)





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OUR CONTACT DETAILS

**Ring in for a chat!**