

Workplace Wellness | Communication | Leadership



# Prepare. Don't Repair.

*Human Skills for High-Performance Workplaces*

TRUSTED BY ORGANISATIONS INCLUDING

Ajanta Pharma | Ashoka | Bajaj Finserv | Endurance Technologies | Pernod Ricard

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**ALLZWELLEVER**

*Where Wellness, Communication & Leadership Meet.*



# SIGNATURE PROGRAMMES

Experiential

Reflective

Applicable

Online · Offline · Hybrid  
Half-day · Full day · Customized



## Whole-Person Wellness

A 360° approach to living and working well

- Physical vitality
- Emotional well-being
- Relationships & social connect
- Cognitive, spiritual & purpose



## Emotional Resilience at Work

Feel it. Face it. Rise —strength for the modern workplace

- Self-awareness & EQ
- Stress & burnout management
- Bounce-back mindset
- Coping strategies that work



## Effective Workplace Communication and Business Story Telling

Assertive · convincing conversations · Outcome based communication

- Active listening & being heard
- Assertive communication
- Giving & receiving feedback
- Storytelling to sell



## Bridging the Gen Gap

Gen Z · managers · mutual respect

- Generational values & motivations
- Communication across generations
- Feedback that works for Gen Z
- Building mutual respect



## Women Rising: Leadership & Voice

Confidence · assertiveness · visibility

- Identity, confidence & self-worth
- Setting boundaries assertively
- Navigating bias & stereotypes
- Owning your career & voice



## High-Performance Teams

trust · collaboration · shared identity

- Psychological safety & trust
- Strengths-based collaboration
- Team communication norms
- From conflict to collaboration



## Executive Presence with Work-Life Integration

boundaries · energy design · sustainable pace

- Designing personal boundaries
- Time & energy management
- Establishing Presence For Legacy
- Sustainable productivity habits



## Financial Wellness

money mindset · financial calm · confidence

- Money mindset & financial emotions
- Budgeting without jargon
- Managing financial stress & anxiety
- Building financial confidence



# Meet the Trainers



**CA Payal Goel**

Corporate Wellness Trainer | Communication Coach  
Consulting Psychologist | Author & Speaker

CA · CS · M.Com · MA(Psychology)



**Armin Shroff**

Consulting Psychologist | Corporate Trainer  
Communication Coach | Affiliated Trainer –Bajaj Finserv

MCA · MBA · MA(Psychology)