

WHEN YOUR PEOPLE ARE FULL, *your organisation overflows.*

A Corporate & Organisational Wellness Proposal · Anisha Dutt, Zariya Healings

WHO THIS IS FOR

This document is for anyone who leads people — CEOs, HR Directors, School Principals, NGO founders, healthcare administrators. Anyone who has ever looked at their team and thought: we have the talent, so why aren't we performing?

The answer is rarely the strategy. It is almost always the state of the people executing it.

Burnout, disengagement, and disconnected leadership cost organisations more than any competitor ever will. And yet most organisations continue to invest in systems, processes, and software — while the human beings running all of it are quietly running on empty.

This is where Zariya Healings comes in.

THE CORE PROBLEM

An employee who is depleted cannot serve. They can show up. They can perform the minimum. But they cannot bring creativity, loyalty, or genuine care to their work — and your clients feel that.

A leader who is insecure will not take risks. A leader who is overwhelmed will not think clearly. A leader who is emotionally reactive will destroy team morale faster than any restructure can rebuild it.

Consider this: a client says no. A disengaged, uninspired leader accepts it and loses the account. A centred, creative leader hears the no — and finds the opening. They ask a different question. They come back with a different angle. They resurrect business from the verge of death.

The difference between those two leaders is not skill. It is **inner state**. And inner state can be trained.

THE PHILOSOPHY

"Only when our glass is full can we be of any value to others."

Before founding Zariya Healings, Anisha worked in the non-profit sector — some of the most mission-driven environments on earth. And what she witnessed there changed everything.

The people who had given the most were the most burned out. Brilliant, compassionate human beings — underpaid, emotionally exhausted, and running on fumes. The irony was devastating: the organisations built to serve others were destroying the very people doing the serving.

A former director once said something that has stayed with Anisha ever since: *"The focus of a non-profit should be to not exist."* To work yourself out of your own necessity. To give so completely that the problem you exist to solve is solved.

That level of giving requires something most organisations never invest in: the inner wellbeing of the people doing the work. You cannot pour from an empty vessel. And no salary, bonus, or team-building day fills that vessel. What fills it is connection — to one's own centre, one's own power, one's own capacity for possibility.

That is the work Anisha does.

WHAT ANISHA BRINGS

Anisha does not deliver motivational speeches. She does not hand out worksheets. She facilitates real shifts — in the room, in real time — that your people carry with them long after the session ends.

Every workshop delivers three things:

- Resources — practical, embodied tools that work at a desk, before a meeting, or in a moment of overwhelm
- Resilience — the ability to meet pressure without being consumed by it
- Inner Power — access to the creative, centred, possibility-thinking mind that already exists within every person in your organisation

At the heart of all her work is one question: *"What else is possible?"* — a question that, when genuinely asked, dissolves stuck thinking and opens creative possibility in any situation.

Anisha is trained in over 100 healing and coaching modalities — including energy psychology, breathwork, NLP, Theta Healing, Access Bars, Shamanic practices, and Spiritual Response Therapy — and draws on all of them to meet each group exactly where they are.

ON LEADERSHIP

The most important investment any organisation can make is not in its systems — it is in its leaders. Because a great leader does not just perform. A great leader creates more leaders.

But only if they have first led themselves.

The insecure leader hires people smaller than themselves — threatened by talent, they keep their team small and their organisation stagnant. The scared leader hoards information and avoids hard conversations, creating a culture where no one takes ownership. The brash leader mistakes volume for authority, shutting down the creative thinking that would actually move the needle.

The centred leader is different. They are secure enough to celebrate talent above their own. They are clear enough to make hard decisions with compassion. They are creative enough to find the opening when everyone else sees a closed door.

This is the kind of leader Anisha's work builds — not through management theory, but through the inner alignment that makes genuine leadership possible.

WORKSHOP FORMATS

1 Hour — The Presence Reset

A single, powerful session designed to shift the room. Anisha guides your team through centring and grounding techniques, introduces the 'What else is possible?' activation, and leaves every participant with an instant reset tool they can use at their desk from day one.

2 Hours — Mindful Performance

The full workshop experience. Teams move from awareness into application — identifying mental blocks, mapping team energy, and building personal alignment frameworks. Includes daily tools for sustained mindset shift and a live Q&A integration.

3 Hours — Deep Transformation

A half-day immersive for organisations ready for lasting cultural change. Goes beneath the surface to release deep stress patterns and build a shared language of possibility across the team. Includes a 30-day integration plan and a leadership resilience toolkit.

All sessions are available in-person (Houston, Texas) and virtually worldwide. Sessions can be customised for your team size, industry, and specific challenges.

WHO THIS SERVES

- Corporates — sales teams, leadership groups, customer-facing staff, executive teams
- Schools — teachers, administrators, school leadership
- Non-Profits & NGOs — mission-driven teams who cannot afford burnout
- Healthcare — medical professionals, caregivers, hospital management

WHAT CHANGES

Organisations that invest in the inner state of their people report measurable shifts — often within weeks of a single session:

- Sharper decision-making and reduced second-guessing
- Less interpersonal friction and fewer escalations
- Leaders who think creatively and recover business others would have written off
- A culture where 'What else is possible?' replaces 'Why won't this work?'
- Higher staff retention and deeper team loyalty

ABOUT ANISHA DUTT

Anisha Dutt is the founder of Zariya Healings and a certified practitioner trained in over 100 healing and coaching modalities across 12+ years of practice. She has worked with over 1,000 clients across every continent — individuals, teams, and organisations — facilitating transformations that combine the precision of energy psychology with the warmth of genuine human presence.

She operates worldwide virtually, and offers in-person sessions and workshops in Houston, Texas.
12+ years of practice · 100+ modalities · 1,000+ clients · Worldwide

Ready to unlock what's possible for your organisation?

Book a discovery call or workshop enquiry:

zariya111.com/orgworkshops

+1 (713) 887-0052 · +91 70425 28897

askzariya@gmail.com