

Wellness Management and Business World

In today's business world, keeping an edge on the competition is no small challenge. Top management can't do it alone. Every executive, every manager, every employee plays a vital role. The success of your company depends upon the motivation and creativity of all personnel.

According to Fortune 100 companies in the U.S. and leading firms in Japan and Europe, the Meditation Corporate Development Program has shown to be highly effective in improving employee health, creativity, and productivity while reducing and eliminating the detrimental effects of stress on employee health and job performance. This unique program is easy to implement and is very cost-effective.

Its benefits have been documented in over 500 published studies conducted at over 200 universities and research institutions, including Harvard Medical School, Stanford University, University of Chicago, and UCLA. These studies have been published in such leading journals as the Academy of Management Journal, Science, Psychosomatic Medicine, Hypertension, American Psychologist, and American Journal of Managed Care. Key research findings include the following:

- Increased sales revenues and profits
- Improved Productivity and Job Performance
- Improved employee morale
- More harmonious work environment
- Decreases stress, anxiety and depression
- Decreases muscle tension
- Decreases hostility
- Reduced mistakes
- Improved teamwork and communication
- Improve relations with co-workers and supervisors
- Reduced absenteeism and sick days due to a reduction in health problems such as stress and anxiety, high blood pressure, high cholesterol, insomnia, smoking, drinking, and drug abuse.

Corporate Wellness Training:

Good health is ... not just an absence of disease; it is a state of positive well-being-ness. We are not just humans who are destined to fall sick and get cured. We are an abode of Bliss. We have been created to feel bliss continuously inside us and float with ecstatic lightness at the being level. This is what is called good health.

The **Health & Wellness Program** is a relaxing 3 days/2 nights training designed by Tony U-Thasoonthorn who has 40 years of meditation experience to help us reconnect with the innate intelligence of our bodies, and to allow a natural flowering of perfect health.

We are ever ready to spend our time, money and energy in curing ourselves. We are so caught up in the cycle of disease and cure. We see disease as an inevitable disaster that has a cure in the outer world.

In reality, every minor ailment or disease has its root in the mind. For example, continuous worrying leads to stomach ulcers. Every emotion of ours causes a disturbance in the energy level within us, which in turn manifests itself at the physical level as disease. We could make or break our bodies with our own emotions. This is the play of mind over matter. That is why our energy levels show tell-tale signs of an impending disease long before the physical symptoms show up.

Our body and mind are deeply rooted in our inner Consciousness. We continuously look to grow at the intellectual level, but remain dangerously underdeveloped at the being level. It is only when this Consciousness is awakened, that our intelligence springs forth and keeps our body and mind healthy at a quantum level.

Awaken your Body Intelligence:

The human body is pure intelligence, and not merely a bio-mechanism. The body is intelligent energy which has the natural ability to respond to every thought produced in our minds. The body is a means to connect with the zone of pure intelligence or the space of inner consciousness. Our bodies are alive and functioning primarily so that we may reach the space in which we experience a deep joy and restful awareness.

The body is an expression of energy. Through Tony's unique training program, there is inner healing, and by healing, we mean being complete - achieving our wholeness, and ultimately reaching complete fulfillment - Self Realization.

In this unique program, participants are guided to work with the body energy and consciousness to create perfect health and positive wellbeing, through powerful techniques for body and mind. This is an awakening to the vibrant energies within us.

Why your company needs a Corporate Wellness Program?

The success of any company depends very heavily on the productivity and work performance of its human resources. The ability to function and perform at a high level consistently is greatly aided by Employee Wellness Programs. The introduction of such programs has been successful in that the results are beneficial for both the employee and the company at large:

Decreased Health Care Costs, Work Place Morale, Reduced Absenteeism,
Increased Productivity, Increased Responsibility, Increased Company
Loyalty, Reduced Sick Leave, Improved Work Performance, and Decreased
Health Insurance Costs

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