



# THE BREATH BEHIND SUKHI

BRIDGING EMPLOYEE WELLNESS, CULTURAL SENSITIVITY, AND COMPANY HEALTH

## THE CONCERN

The modern workforce is growing increasingly stressed, socially isolated, and discontent with ineffective inclusion.



1 Gallup; 2 Forbes; 3 Anxiety and Depression Association; 4 NPR

## OUR MISSION

We exist to deepen the relationship between organizations and their employees by improving overall wellness and company culture.

## OUR PROMISE

Our metrics-based approach fosters work satisfaction and team connectivity — resulting in:

- increased productivity
- optimized DEI efforts
- lower mental burnout
- happier employees

## HOW OUR SOLUTIONS WORK

We leverage psychological research to build personalized interventions based on predictive analysis.

- 1 Our emotional wellness assessments capture the social dynamics of your organization. We measure levels of: **trust, friendship, burnout, self-care**, etc.
- 2 We analyze your data and visualize the dynamics in a confidential and clear method. These include: **emotional well-being, diversity index, and company culture**.
- 3 Based on your scores, our system identifies the best set of solutions to create a tailored action plan which may include: **meditations, workshops, micro-task challenges, moderated happy hours**, etc.



## CURRENT CLIENTS



McKinsey & Company

verizon



THINK OF US AS THE PELOTON OF EMOTIONAL WELLNESS

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