



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.



66% experience burn out¹



50% don't feel satisfied²



40% have daily anxiety³



36% are sleep deprived⁴

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

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



THINK OF US AS THE PELOTON
OF EMOTIONAL WELLNESS

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