



# Life Skills Program for Corporates



*When stress takes over the workplace, choosing to rebuild your mind, energy, and emotional strength is a game-changing decision*



## PROGRAM HIGHLIGHTS

### Work Happier. Stay Resilient

An experiential, wellness-based training designed to reduce stress, boost focus, strengthen leadership, and enhance teamwork — empowering professionals to lead with empathy, optimism, and high personal energy.

### For More Info

**Call: +91 8882399738**

**Mail To: [info@vidyadhara.in](mailto:info@vidyadhara.in)**

- Self-awareness & Emotional Intelligence
- Stress & Anger Management
- Leadership with Empathy
- Adaptability & Resilience
- Positive Communication Skills
- Team Collaboration Techniques

Designed for managerial and supervisory level staff, the program is offered as short workshops or long-term upskilling initiatives for sustained personal and professional impact.

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