



# ASCEND

## Career Wellness

Did you know -

**59%**

Indians are not happy at work\*

\*happyness.me 2022 report

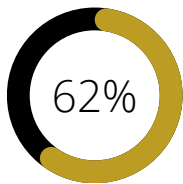
**71%**

Indians are rethinking their careers\*

\*Indeed India Hiring Tracker HY2 2021



## PROGRAM OUTCOMES



made significant improvement in clarity in career



improved performance at work



**Connect to know more and get started!**

## CONTEXT

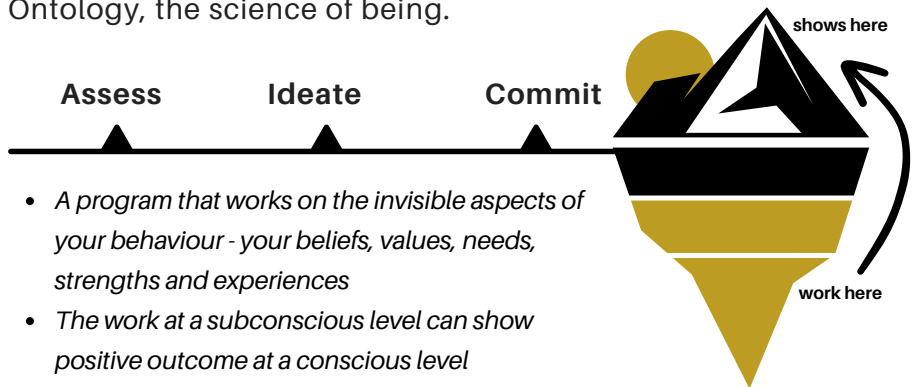
A significant number of people struggle with various aspects of their careers, such as erratic work schedules, job satisfaction, work-life boundaries and career growth. These struggles can lead to stress, burnout, and even physical and mental health problems.

This program can help individuals develop the skills and mindset they need to not just survive but thrive in their careers.

## THE PROGRAM

**Ascend Career Wellness** is a proactive approach to not just developing the skills and mindset needed to achieve a fulfilling and successful career, but also the behavioural aspects while also promoting overall well-being and reducing the risk of stress and burnout.

This program is conducted in 3 phrases works on the principle of Ontology, the science of being.



## PROGRAM BENEFITS

- Improved job satisfaction
- Better work-home balance
- Increased productivity
- Better physical and mental health
- Greater opportunities for growth and advancement
- Better relationships