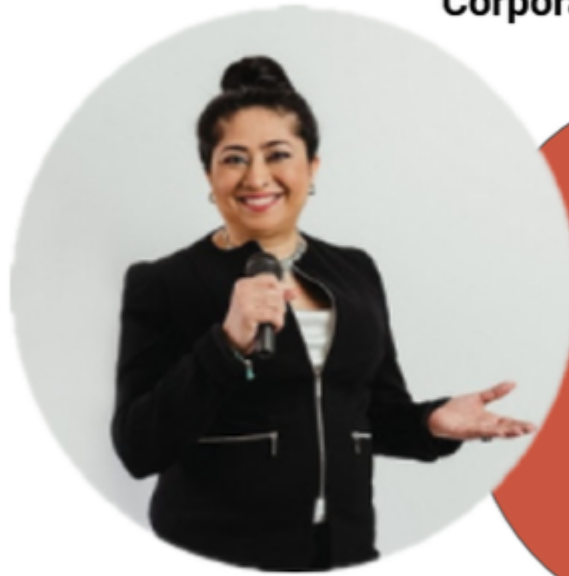
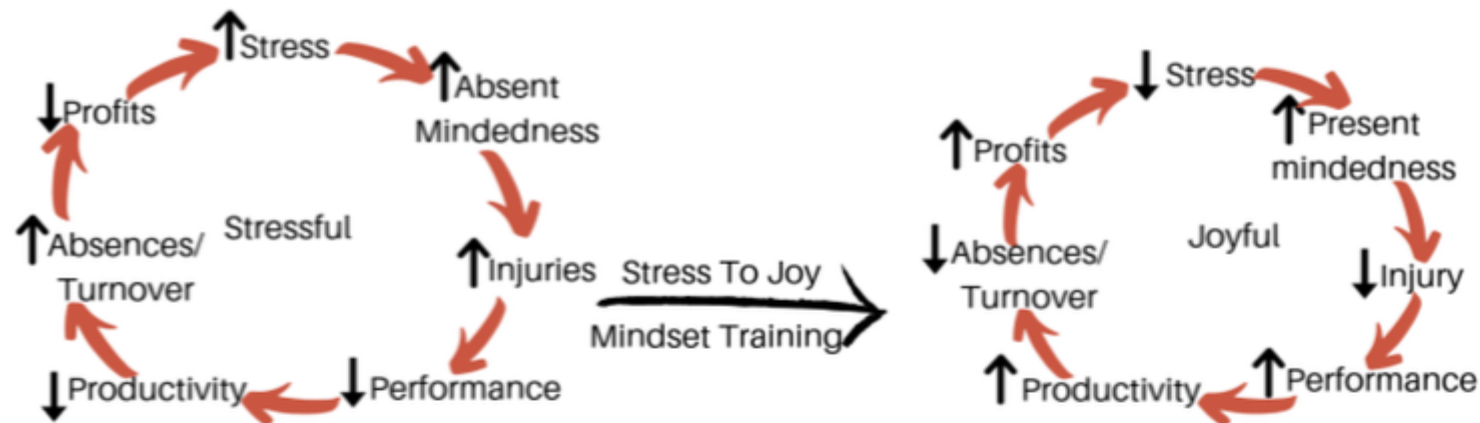


Dr. Rozina Lakhani
Corporate Consultant, # 1 Best Selling Author, and
Psychiatrist



Stress Costs:
60% of **Absenteeism**
19% of **Turnover**
80% of workers feel **stressed** at work
Overall costs to US corporation: **3 billion dollars**

How much does it **cost** your organization?



Progressive organizations focus on their employees' mindset training leading to improved Performance, Productivity, and a Positive corporate culture, ultimately increasing Profits.

Are you looking for the right consultant?



Signature Program

TRANSFORMING WORK STRESS TO JOY -
An employee mindset training for positivity, productivity, and performance.

- Simple, Practical and Proven Techniques
- Demos to make the techniques doable
- Practices to master the approach



10 reasons to choose Dr. Rozina

- MD- Psychiatrist-Board-certified
- #1 Bestselling Author
- Masters in Public Health
- Fellow- Amer. Inst. of Stress
- Medical Director -Shifa Health
- Clinical Professor Univ. of WA
- 20 years of experience
- Top Psychiatrist Award in WA
- Effective Speaker/Trainer/Consultant

Get in Touch:

rozina@drrozina.com
www.drrozina.com
425-742-4600

"Dr Rozina's book sold 5000 copies in the first week and has reached people from nursing students to corporate executives having massive impact."



Engaging, warm, and knowledgeable, Dr. Rozina guides participants through stress reduction activities, helps them find the time to practice mindfulness, and explains the "how" behind the techniques in easy to understand terms. Patricia Brooks-Host- The Courage Catalyst Podcast



"She was incredibly effective. Her demos were amazing" Ann student

"Very powerful session. I had attended similar approached sessions but none of them made me think. You provided life-changing steps with tools"- Rozina Ali Eswani- Healthcare Professional

Signature Package

1. One phone/video consultation to assess your unique needs.
2. Customized Workshop/Training for the team.
3. Stress to Joy-Book and Journal set for all participants
4. Access to 21 days of online training (5-15 min videos, audios, and worksheets).
5. Follow up meeting/workshop for review and assessment.

Contact support@drrozina.com to start a conversation today.