

Employee Wellness

and team building events



Stress affects productivity, performance and present-mindedness.

We provide mindset training using whole brain approach for stress management, mental wellness and team building.

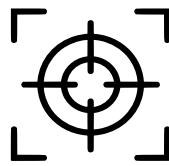
BENEFITS



Mindfulness



Creativity



Focus



Flexibility



Harmony

Dr. Rozina and Jay Gilani provide combined program for helping employees develop resilience and team harmony for their best performance.



One hour session with Dr. Rozina focusing on **left side of brain** with mindfulness & cognitive training. She is a #1 bestselling author, speaker and MD-Psychiatrist with 20+ yrs experience. She specializes in prevention and treatment of Stress, Anxiety and Depression. She is the medical director at Shifa Health and a clinical professor at the University of Washington.

Follow-up session with Jay Gilani helping **right side of brain** through creative process. It helps to develop problem solving skills & team harmony. He is an art educator, fine artist and electronic engineer with 15+ years of experience of working with corporate and art industries. His work has been displayed in 30+ solo and group exhibitions.



HOW DOES IT WORK?

<https://drrozina.com/consulting> | 425.780.5755