



Zen for You Wellness Programs
Mindfulness Coaching
Achieving Work-Life Balance



TED^xOttawa
x = independently organized TED event

We all know that happy, healthy workers are more productive and positive members of any team. We believe in a holistic approach to health combining nutrition, lifestyle counseling, spiritual coaching and yoga packages tailored to your company's true needs.

Manali Haridas, Owner/ Spiritual Wellness Coach of Zen for You; is a Mindfulness Coach, a TEDx Speaker, Certified Nutritionist, Certified Yoga & Meditation Teacher, Certified Healer and Author with over 25 years of coaching experience. She has impacted the lives of many people globally by her easy to implement, practical mindfulness coaching tips. Manali believes in supporting clients to establish the mind body connection, get relaxed, de-stressed by coaching easy to implement daily practices for achieving work life balance.

We specialize in:

- Lunch and Learn Workshop – 60 minutes
- Custom Wellness Retreats – ½ day of full day
- Motivational Workshop – ½ day of full day
- Stretch Breaks and Mini Workshops
- Office Yoga, Stretching and Meditation Coaching
- Team Building Activities and Facilitation
- Practical Goal Setting activities for teams

We work with your budget

Yearly workshop and activities are customized specially for your staff and budget. Contact us at manali@zenforyou.ca or call us at **613-276-3996** to plan your company's next staff wellness programs We will be happy to provide you with topics, ideas and create the best plan for you.

Client Experiences

Manali has provided over six workshops for the Industry Canada lifestyle Series Program. It is a wellness program that provides employees with information on how to enhance their lifestyles and everyday life. From reducing stress, goal setting, food and nutrition coaching, Manali has provided invaluable content and coaching to our employees. Thank you Manali for sharing your talents with us!

Samanta Moonsammy
Event Manager Industry Canada, Ottawa

Recently, I attended a TedX where a number of experts presented who were all so inspirational to those of us in attendance. However, the passion and professional manner in which Manali spoke was another level entirely. Imparting wisdom and knowledge is truly an art and Manali made it clear that she is a master. Interestingly she would probably be the first one to say that perfecting ones art is really the ultimate challenge. With that in mind, one can only imagine where her art will take her and those she works with. I am so thankful to have been a part of that and for one small part of a day, I joined Manali on her journey.

Chris Huges
Executive Coach/Mentor, IT Strategist

Manali Haridas, is a remarkable woman - not only has she assisted me in my healing journey but she has brought her teachings and ways of life - into the lives of many. I have seen incredible transformations - those who have attended her workshops, to yoga classes and one on one healing programs. Manali has spoken as a TEDx speaker and has inspired many. If you have not had the opportunity to work with or get to know Manali. I highly recommend you do.

Sabrina C Lemay
Bank Street BIA

Most Popular Topics

STRESS MANAGEMENT/LIFE BALANCE

- Coping with Stress
- RESET & Energize Yourself
- Setting Healthy Boundaries

POSITIVE THINKING/MINDSET

- Growth Mindset for Success
- Leading with Emotional Intelligence
- Managing Emotions & Negative Self-Talk

NUTRITION/LIFESTYLE TUNE-UP

- Foods and Moods
- Boost the Immune System Naturally
- The 7 Aspects of Wellness

LAW OF ATTRACTION/ CREATIVE EXPRESSION

- Power of Law of Attraction (LOA)
- Creating Abundance with Self-Love and Gratitude
- Introduction to Creating Your Vision Board

Choose From 3 Different Plans

Pick from an extensive range of hands-on workshops customized for your team. Virtual and in-person workshops are offered at 1, 2 and 4 hours. You can then decide if you want multiple one-hour lunch and learns or a full day format.

1 hour

Save 15% on the Plant Your Roots training website for your team.

\$750 plus HST

One-hour lunch and learn

[LEARN MORE](#)

2 hour

Save 30% on the Plant Your Roots training website for your team.

\$1,350 plus HST

2 x one hour lunch and learns

[LEARN MORE](#)

4 hour

Save 50% on the Plant Your Roots training website for your team.

\$1,995 plus HST

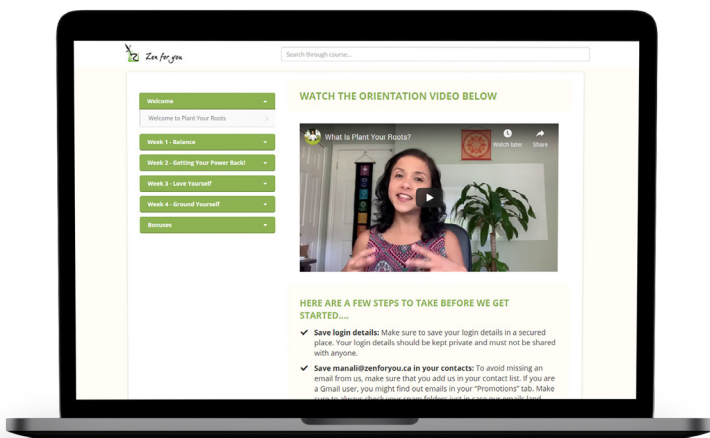
4 x one hour lunch and learns or a full afternoon workshop

[LEARN MORE](#)

Plant Your Roots Digital Training

Embark on your team building journey!

[LEARN MORE](#)



This four week online program will introduce your team to easy to follow practical mindfulness techniques that will help them stay balanced, inculcate self-discipline and expand their awareness to better understand their energy drainers and amplifiers.

With over 25 years of coaching experience, Manali shares with you the key fundamentals and techniques in the most simplified way to give you personal breakthroughs and inner transformation.