



WORKZEN

Bringing the Zen to Work



About Workzen

Workzen is built with a vision to help young professionals truly thrive at work. We don't just focus on bringing mindfulness techniques or practices through online/offline workshops to manage stress or anxiety. We look at a bigger picture — how mindfulness can become a daily habit that helps people bring out their best, consistently.

Think about a moment: you're typing an email, but your mind is crowded with 100 thoughts. Your boss is questioning you, emotions are rising — nervousness, fear, even anger. In that moment, even a simple answer feels difficult. This is where most workplace challenges begin.

Half of the conflicts at work don't come from external situations — they come from a lack of self-awareness. We are often unaware of what is running in our own minds. There's a constant subconscious nudge, pushing us to react, to say something, to act impulsively. Sometimes, you want to say one thing, but end up saying something completely different.

This is the *untrained mind*. As the Bhagavad Gita says, "*The mind can be your greatest friend or your greatest enemy.*"

You may have attended personality development sessions, tried counselling, or consumed endless podcasts — yet still feel unable to truly steady your mind. Because the real work isn't external. It's internal.

You can build physical fitness, achieve career growth, and reach financial success — but if you don't find alignment within yourself, it never feels enough.

To an untrained mind, nothing is ever enough. The ego keeps asking for more.

An untrained mind doesn't just reduce performance — it quietly shapes behavior, damages relationships, and limits potential at work.

This is where Workzen comes in — we treat mindfulness as a daily productivity tool for professionals to achieve their best at work, every day.

How an Untrained Mind Disrupts Work?

An untrained mind doesn't create problems outside — it distorts how we respond inside. And that's where most workplace disruption begins.

1. Lack of Clarity:

When the mind is overloaded with thoughts, even simple tasks feel complicated. You read an email twice, still unsure how to respond — not because it's difficult, but because your attention is scattered.

2. Emotional Reactivity:

Instead of responding thoughtfully, you react impulsively. A small comment from a manager feels like criticism. Decisions get driven by emotion, not awareness.

3. Poor Communication:

You intend to say one thing, but end up saying something else. Words come out rushed, defensive, or unclear — leading to misunderstandings and conflict.

4. Decision Paralysis:

Overthinking blocks action. You keep analyzing, doubting, second-guessing — until even straightforward decisions feel overwhelming.

5. Reduced Productivity:

Constant mental noise drains energy. You're busy all day, but not effective — because your focus keeps shifting.

6. Ego-Driven Responses:

The need to prove, defend, or control takes over. Feedback feels personal. Growth slows down.

7. Internal Conflict:

There's a gap between what you know and how you act. You know the right response — but in the moment, the mind overrides it.

The Core Issue:

An untrained mind operates on autopilot — driven by fear, habit, and subconscious patterns.

As an Organization; Why You Should Care?

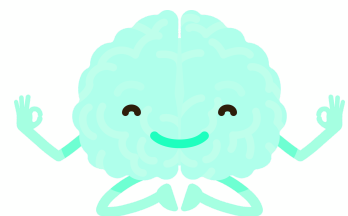
Recent workplace studies highlight the growing impact of mental health on organizational performance.

- A 2022–2023 study by Deloitte India found that 80% of Indian employees experience symptoms of poor mental health, contributing to an estimated ₹1.1 lakh crore (around \$14 billion) in annual business losses due to absenteeism, presenteeism, and attrition.
- Burnout is another significant factor—57% of Indian employees report feeling burnt out, largely driven by work overload and prolonged screen time, according to workplace research by Gartner conducted between 2021 and 2022.
- Additionally, the ADP Research Institute (US) People at Work 2023 report indicates that 76% of Indian workers say stress negatively impacts their work performance, while 49% report that poor mental health reduces their productivity.



How Workzen is Approaching the problem?

- Workzen works with organizations to embed mindfulness in a way that is practical, scalable, and aligned with day-to-day work environments.
- We support teams and leaders in building the ability to manage stress more effectively, sustain focus, and respond to challenges with greater clarity—especially in high-demand, fast-paced roles.
- Our approach integrates seamlessly into existing workflows, ensuring minimal disruption while creating measurable shifts in how individuals think, collaborate, and perform. Over time, this translates into improved consistency in performance, better decision-making, and a more resilient and engaged workforce.



How can we support you?

At Workzen, we believe *sustainable performance* comes from *within*—through *self-awareness, emotional clarity, and the ability to stay in the present in high-demand environments*.

Rather than treating productivity as a short-term outcome, we approach it as a personal capability that professionals can build and apply consistently in their daily work and life.

Our programs are designed to make mindfulness *practical, accessible, and directly relevant to the workplace*—enabling individuals to *navigate stress, improve focus, and respond more effectively to challenges*.

Program Structure:

1. Basic – Understanding mindfulness and how it impacts daily life
2. Intermediate – Building mindfulness through simple, applicable techniques
3. Advanced – Using mindfulness tools for emotional and mental wellbeing

Engagement Model & Pricing

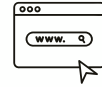
Program Level	Program Details	Price	Format of Delivery	Duration
Basic	Understanding mindfulness and how it impacts daily life	₹35,000+GST (As applicable)	In-person Workshop/Online	1 day
Intermediate	Building mindfulness through simple, applicable techniques	₹50,000+GST (As applicable)	In-person Workshop/Online	3 days
Advanced	Using mindfulness tools for emotional and mental wellbeing	₹1,00,000+GST (As applicable)	In-person Workshop/Online	5 days
**All prices are exclusive of travel and accommodation for in-person workshops.				

Contact Us

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- Website Coming Soon!



Linkedin



About Director



Sagarika Pattnaik

She is the Founder of Workzen, bringing over 12 years of experience across global enterprises like Cargill, Accenture, and IBM. She has expertise in Supply Chain, Procurement, Product Ownership, and Digital Transformation, and has led large-scale initiatives, cross-functional teams, and global stakeholder engagements.

Her deep exposure to corporate environments and workplace pressures inspired her to create Workzen, focusing on mindfulness and mental resilience for professionals.

She holds a Master's in Global Supply Chain Management & Logistics, a PGDBM in Entrepreneurship, and is a Certified Meditation Practitioner.



Thank You