EvolveED

Over 5 years in the space of mental health, education and family engagement.
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Introduction – Say Hello!

Better Me – Better work – Better world

We bring to you Group, Leadership and Employee engagement programs to build resilience, create healthier workplace and connected relationships. We offer robust set of practices generated from comprehensive research, that cultivates focus, clarity, presence and vitality.
Welcome Message

With crunching deadlines, higher professional goals, the need to constantly perform and excel, work-life is taking a toll on employees. We live in an Attention-deficit world, which makes it difficult to concentrate and focus, leading to a scattered mind, heightened emotional state, which eventually leads to loss of productivity and overall well-being.

How do we help you?

We help you make space: Space amidst chaos, Space to engage with others, space to authentic listen......

We help you use simple everyday contemplative practice to pay attention and focus more.

We help you be kind to yourself and build resilience to handle the daily demands of both personal and professional life.

We help you be generous, considerate, thankful and show appreciate to all around you building your social & emotional competencies.

We help you cultivate the practice of Mindfulness and Self compassion.
Vision

Improve Mental, Social and Emotional wellbeing.
Promote connected communities and conscious work - family relationships

Mission

EvolveED Collaborates to design and deliver strategies of working with employees to strengthen their mental health, happiness quotient, relationships and wellbeing.
Wellness at work Programs

What we do?

Events, Symposiums

Mindfulness
Focused Attention

Self - Compassion
Equanimity
Adversity Quotient

Emotional & Social wellness

Mindful leadership

Conscious Parenting

Wellness at work Programs

Child care and parental Awareness programs

Connected Relationships
A journey from a boss to a progressive Mentor

Enhancing EQ, AQ and SQ of a leader and building strong connected teams.

Principles of transformative leadership to inspire and build strong connected teams.

Walking your team through Adversity and change.

Using Focused Attention to augment productivity, innovation and creativity.

Compassionate communication and Kind assertiveness practices to build a meaningful work culture.
Women's Wellness

- Time Vs Energy Management
- Elevate to Leadership - Develop 'New age' leadership attitude
- Curam Sui - Self Care
- Handling Mummy guilt & Anxiety
- Staying Positive, happy and motivated
- 'Welcome back New Mom' - Making transitions
- Don the 'Hood'
- Balancing Mother, Women and 'Work' hood
- Priorities & Healthy Choices
- Embracing Stress: Handling a ruminating, Overthinking and chaotic Mind
Inside Out & Outside In: Mindful gratitude journey to stay positive

Yin Yang - What does balance mean to you? Learn the art of effective transitions and being present in the NOW to experience wholeness of self

Slow down to Speed Up - Bringing awareness to when you need to go slow to eventually speed up, the skill of doing more with less

Safe Collaborative Spaces - An environment where employees consistently feel supported, build healthy collaborations and have open and positive communications, feel secure & perform better

Self-Care & Self Compassion
An environment where employees consistently feel supported, build healthy collaborations and have open and positive communications, feel secure & perform better
Conscious parenting - Challenges of a working Parent & Raising a 'Zen' child

Parenting Single - Workshops for Single Dads & Moms

Co - Parenting

Child safety - Strategies to keep child safe at home & School

Parenting in Digital age
Events and Symposiums

Mother’s Day

Prevention of Child Abuse and Violence

Father’s Day

World health day

Women’s day
Contact Us

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