

# Tattva Corporate Offerings

2025



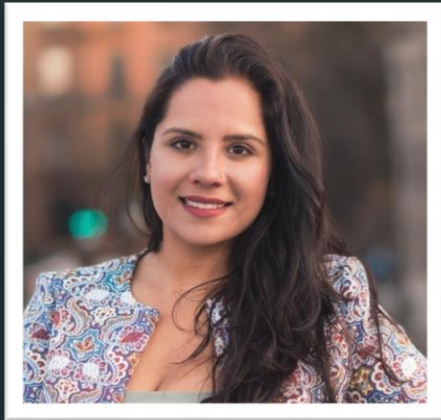
Are you looking to elevate your team's success? Have you been experiencing quiet quitting or worried you'll lose your top talent?

Partner with Tattva for a personalized workshop or retreat to upskill your employees to drive engagement and better business outcomes!

We can help you reignite your goals, develop a transformational leadership plan to achieve breakthroughs for yourself, your team, and your organization.

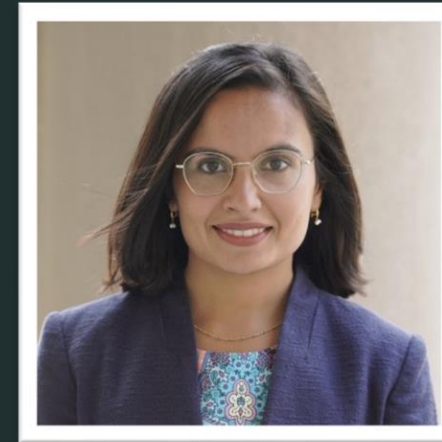


# Founding team with decades of corporate experience, specializing in health and AI



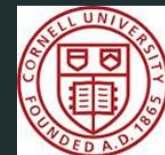
Simran Kaur,  
CEO  
Co-founder

Healthcare commercial leader  
with 15+ years of experience



Ishneet Kaur,  
COO  
Co-founder

VC and business development leader  
with 10+ years of experience



# Tattva has been featured across prominent wellness and technology publications



*The*  
LUXURY LIFESTYLE  
*Magazine*

Startup Giving Stress Breath  
of Fresh Air



**Entrepreneur**

Breaking Boundaries of Tech  
and Wellness



**International  
Business  
Times**

Revolutionizing Care with AI



**T** TechBullion

Thriving in a Digital World

# Core Offerings focused on Leadership and Self-Development

## Workshop

VitalBreath

- 1 hour

One Leadership topic deep-dive

- 2 hour

Can be conducted virtually or in-person

## 2-day Retreat

Covers three Leadership topics in a gorgeous retreat setting, close to your corporate location.

2-day long retreat, e.g., from Wednesday-Friday evening, or Monday-Wednesday evening.

## 5-day Retreat

Covers all Leadership topics in a gorgeous retreat setting, close to your corporate location, based on preferences.

5-day long retreat with a focus on implementation, e.g., from Monday-Friday.

Leadership topics:

**Cycle of Momentum:** How to leverage momentum to achieve your goals

**Five to Thrive:** Framework for assessing different aspects of life

**Understanding Human Behavior and Needs**

**Triad for Emotional Fitness:** How to hack your way into accessing resourceful states

**Transformational Action Plan:** Turning goals into actions you can track

# Benefit Summary of Offerings

## **Cycle of Momentum**

Make achieving goals easy by leveraging the progressive state of momentum.

Recommendation:  
For teams struggling to hit milestones

## **Five to Thrive**

Improve team rapport by utilizing a framework to know colleagues and their personal and professional goals at a deeper level.

Recommendation:  
For teams struggling with creating a growth culture

## **Human Behavior & Needs**

Improve managerial capabilities by leveraging an understanding of drivers behind human behavior.

Recommendation:  
For all team leaders, sales representatives

## **Triad for Emotional Fitness**

State-shift to collaborate effectively across teams.

Recommendation:  
For teams facing challenging situations

## **Transformational Action Plan**

Create a plan to achieve your 20% goals that drive 80% results.

Recommendation:  
For teams with capacity challenges

# VitalBreath: Our Breathwork Break-through

Tattva's flagship breath practice serves as a catalyst for **emotional release and inner transformation** and paves the way for *self reflection and growth*.

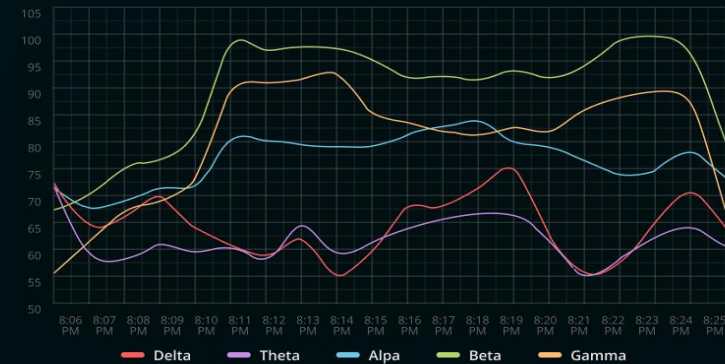
This approach to conscious breathwork is deeply rooted in achieving transient hypo-frontality. In this state, the critical part of the brain temporarily downregulates, allowing for **a reduction in mental chatter and an increase in feelings of peace and happiness**.

This is an extremely powerful state as it allows one to dive deep into the subconscious brain and release any limiting beliefs.

Consistent practice of this technique **builds mental resilience and enables one of reach their peak potential**.

## EEG readings recorded using Muse S

### Before VitalBreath



### During VitalBreath



## **Questions to co-create the best experience for your team**

- **What are the top 3 goals you and your team are working to achieve?**
- **Are there any leadership challenges your team is currently facing?**
- **What are the core values of your company culture?**
- **What is the desired outcome of this engagement?**
- **Have you conducted leadership workshops or retreats in the past?**
- **What is your group size for this leadership engagement?**



*Thank you, we look forward to working together!*

[www.tattva.world](http://www.tattva.world)



[www.instagram.com/tattva.world/](https://www.instagram.com/tattva.world/)

