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1. THE WORKPLACE REALITY-THE STRESS EPIDEMIC

Modern work culture is fast-paced and demanding, leading to:

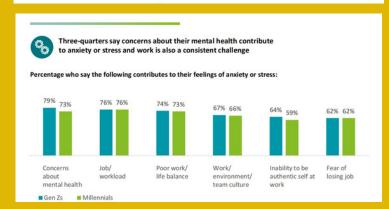
- X <u>Burnout & Fatigue</u>- Decreased energy and motivation.
- <u>Low Employee Engagement</u>- 85% of employees feel disengaged (Gallup Workplace Report 2023)
- <u>High Attrition Rates</u> 46% of employees leave jobs due to high workplace stress (LinkedIn Workplace Report 2022)
- <u>Conflicts & Miscommunication</u> Stress reduces emotional intelligence and empathy
- X Mental & Physical Health Decline Chronic stress increases cortisol, linked to heart disease & depression (American Psychological Association)

In India, death of young accountant has sparked national debate on 'toxic work culture'

A 26-year-old woman who worked for the auditing giant EY died suddenly in July. The cause, according to her mother, was stress and long days at work. More broadly, this extreme commitment to work, now called into question, has been reinforced by the fact that the country has become the back office of the world, Philippe Escande writes for Le Monde.

Published on October 6, 2024, at 5:37 am (Paris), updated on October 6, 2024, at 11:08 am $\mid \eth$ 1 min read · Lire en français

Poor mental health amongst employees costs Indian employers around US\$14 billion yearly, says Deloitte's Mental Health Survey



The result?

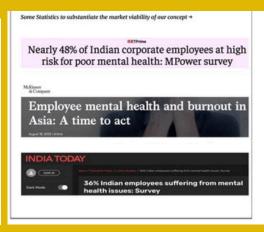
A workforce that's mentally exhausted, less productive, and disengaged.

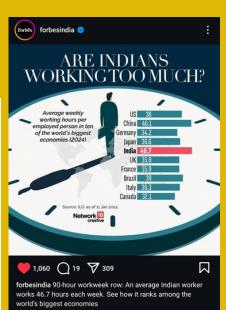
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A QUOTE

"About three-fourths of Gen Z said that the availability of mental health resources—whether that be access to therapy or mental well-being programs—is one of the key things when they're selecting an employer."

That's McKinsey partner <u>Erica Coe</u> on the teen mental health crisis. She explains that Gen Zers—a cohort that includes young adults who are now in the workforce as well as teens who will enter the job market over the next decade—report less stigma about openly discussing mental health compared with older individuals. According to Coe, this generation's rising numbers in the workforce will put more pressure on employers to provide robust mental health resources for their employees.



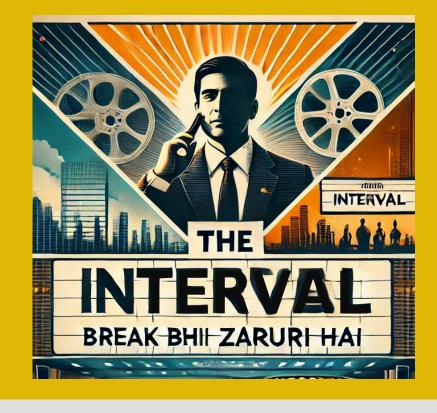


2. WHY TRADITIONAL TRAININGS FAIL?



- ★ Studies show that 80% of corporate wellness programs fail due to their lack of emotional engagement (McKinsey & Co, 2023)
- X <u>Boring & Theoretical</u> The human brain retains only **10%** of lecture-based learning. (National Training Laboratories)
- <u>None-Size-Fits-All Approach</u> Without personalization, retention drops by **60%**. (Harvard Business School, 2022)
- X No Immediate Results Without experiential learning, employees forget 75% of training content after just 6 days (Forbes, 2021)

That's where 'THE INTERVAL' is different!



3. INTRODUCING 'THE INTERVAL: BREAK BHI ZARURI HAI!'

A High-Energy, Fun, and Science-Backed Wellness Experience

We bring <u>Corporate Training + Entertainment + Psychology</u> together to create an engaging and transformative session.

✓ RECHARGE WITH CINEMATIC STYLE:

Neuroscience shows storytelling activates 7+ brain regions, improving emotional retention. (Stanford University, 2021)

✓ PSYCHOLOGY-BASED HACKS:

We use Cognitive Behavioral Therapy **(CBT)** principles to manage stress and enhance productivity.

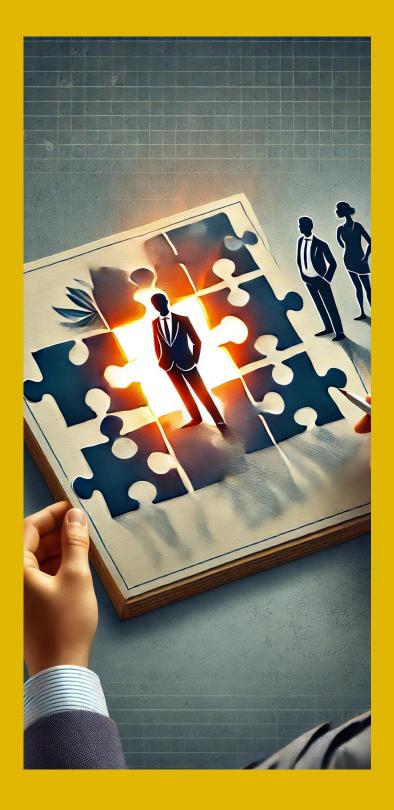
✓ HIGHER ENGAGEMENT, DEEPER IMPACT:

Interactive learning increases retention by **90%**. (Journal of Workplace Learning, 2022)

✓ IMMEDIATE RESULTS:

Employees apply proven relaxation techniques that lower cortisol levels by 27% (American Institute of Stress, 2023)

4. WHAT MAKES 'THE INTERVAL' UNIQUE?



FILMY THERAPY-

> We use cinematic nostalgia & storytelling to make learning fun.

SCIENCE-BACKED HACKS-

> Strategies rooted in Cognitive Psychology & Behavioral Science.

INTERACTIVE & EXPERIENTIAL-

Engaging activities, not passive learning.

ACTIONABLETAKEAWAYS-

Employees leave with real tools for work-life harmony.

5. KEY BENEFITS FOR:

EMPLOYEES

- Reduced stress & burnout
- Increased motivation & energy
- Stronger
 workplace
 relationships
- Practicaltools tohandle pressure

ORGANISATION

- Higher
 employee
 retention & job
 satisfaction
- ✓ 2X
 Turnover
 Growth
- Positive workplace culture & teamwork
- ✓ Reduced workplace conflicts

6. THE PROGRAM FLOW— WHAT HAPPENS IN THE INTERVAL?

ACT 1— SETTING THE SCENE:

Understanding work stress through cinematic moments.

X ACT 2— PSYCHOLOGY IN ACTION:

Fun & interactive activities based on behavioral science.

ACT 3— IMMEDIATE TAKEAWAYS:

Practical, instantly applicable stress-busting strategies.

FINALE— THE RECHARGE EFFECT:

Employees walk away feeling refreshed, motivated & stress-free.



7. MEET THE TRAINER



SOURABH JANAGAL

Helping Professionals Boost Mental Well-being & Productivity with Filmy Therapy! | Corporate Trainer | Making Workplace Wellness Fun, Engaging & Impactful

I design corporate training programs that aren't just informative but immersive, memorable, and cinematic. I bring the nostalgia of Indian cinema into the workplace, turning "gyaan" into "anubhav", because people don't just learn from slides, they learn from emotions, experiences, and stories they connect with.

I've developed **THE INTERVAL**, a unique, immersive training experience designed to make workplace wellness fun, engaging, and impactful.

- Specializing in stress-free productivity, mental wellness, and corporate happiness.
- Known for blending science, psychology, and nostalgic Indian cinema to make learning fun.
- ✓ Worked with students, and professionals to create an engaging wellness experience.















HOW I'VE INFLUENCED PEOPLE SO FAR

Featured in Hindustan Times



Marketing Head I Digital Marketing | Growth Hacking | Lead Generation | Branding | Events I 40 Under 40 - Top Influential Corporate Leaders | Author | Fitness Lover | Josh Talks Motivational Speaker | Paid Influencer July 19, 2022, Mohit was senior to Sourabh but didn't manage Sourabh directly

Sourabh is a wonderful personality filled with leadership skills all over his gestures. I always admire him for his uniqueness on stage and confidence in behaviour. A great

speaker who wins hearts before he wins the stage shows.

You must engage him for assignments where you need to motivate your team to perform to the apex.

Love from an unusual fan!

Hlo sir Mai Shubham Kumar. Sir Mai apko batana chata hu mai apse khuch din phle stress management ki treatment or tips liya tha mai jis situation me tha mera stress kafi jada tha or Mai kafi presan tha lekin sir apse treatment or tips lene ke baad kafi realif mila or ajj Mai kafi had tak cover kr chuka hu stress se Or ajj Kafi relax masos krta hu thanku so much Sourabh Janagal sir 😊

I recently attended a stress management class, and it was an incredibly enriching experience. The instructor was knowledgeable and approachable, making the entire class feel comfortable and engaged. The techniques shared were practical, easy to incorporate into daily life, and truly effective in reducing stress. I particularly appreciated in reducing stress. I particularly appreciated the mindfulness exercises, which provided immediate relief and helped me feel more centered. The class also offered valuable tools for managing anxiety and boosting overall well-being. I feel much more equipped to handle life's challenges with a calmer, more focused mindset. Highly recommend this class to anyone looking to improve their

Thank you for a great course. Great presentation style with lots of opportunities to ask questions and talk about real life examples which all made for a really enjoyable and informative course." This has more than met my expectations. "A wonderfully practical course - both personally and professionally.



Sonu Singh Shukla 🖐 SRK of public Speaking Q1

1h Love Reply

Author Sherry 7: 1st
Public Speaking Coach & Consultant, Communication Coach, Brand Storytelling Specialist Recognized by the
Prime Minister of India, Influencer-2.5 million+ followers, Motivational Speaker, YouTuber, TEDx & Josh Talks
Coachier sker ust 11, 2022, Author was Sourabh's mentor

rom the perspective of an association as a coach with Saurabh I loved the fact that you are always ready to le that is mixed rather than bragging what have you done well and this has added immense improvements on our authentic speech delivery/voice range, presentation and speech structure with sublime audience ragagement style now to spellbound your audience through your public speaking videos, talks and speeches.



Mohit Singh · 1st

Talent Acquisition Specialist
July 16, 2022, Mohit was Sourabh's client

Sourabh Janagal is one of the most humble and honest person I had ever met, and when comes to public speaking he is my source of inspiration. I was lucky enough to start my public speaking journey under his mentorship. His public speaking is founded on his commitment to helping others and what he has achieved is truly inspirational. I highly recommend him as a public speaker, but also as someone who speaks from the heart.

#Grateful #MentalHealthMatters
#ThankYou

Hello sir..

Session was really too good.Everyone must have learned a lot. We were able to connect very easily because some incident has happened in everyone's life.

