

ABOUT US

Indulge with yourself is a resplendent brand catering in the spheres of wellness & capability development. The company is a prima in its domain and trusts in offering useful and productive services to its customers plying to their utmost satisfaction. We conduct and organise various edifying sessions and training seminars to counsel and educate the significance and vitality in all the facts of life. We stretch forth our services to individuals, institutions and corporate.

The programmes are productivity-driven initiatives, focused on improvising the physical and mental health, enhancing the capabilities and image of the individual concerned leading to a more content and successful life ahead.

With due importance given to the well-being, personality development & focus continuously on enhancing capabilities of the employees by a corporate urge them to perform to the best of their potentiality. That's the advantage of our training programmes which we conduct for corporate. Better productivity, reduced workers' compensation claims, increased attendance, stability and more motivated team also leads to increased brand value of the company in the market.

Education is utmost important and so is personality, skills and knowledge of wellness and that's exactly what our sessions does for institutions and aid young aspirants to become healthier, happier and smarter professionals.

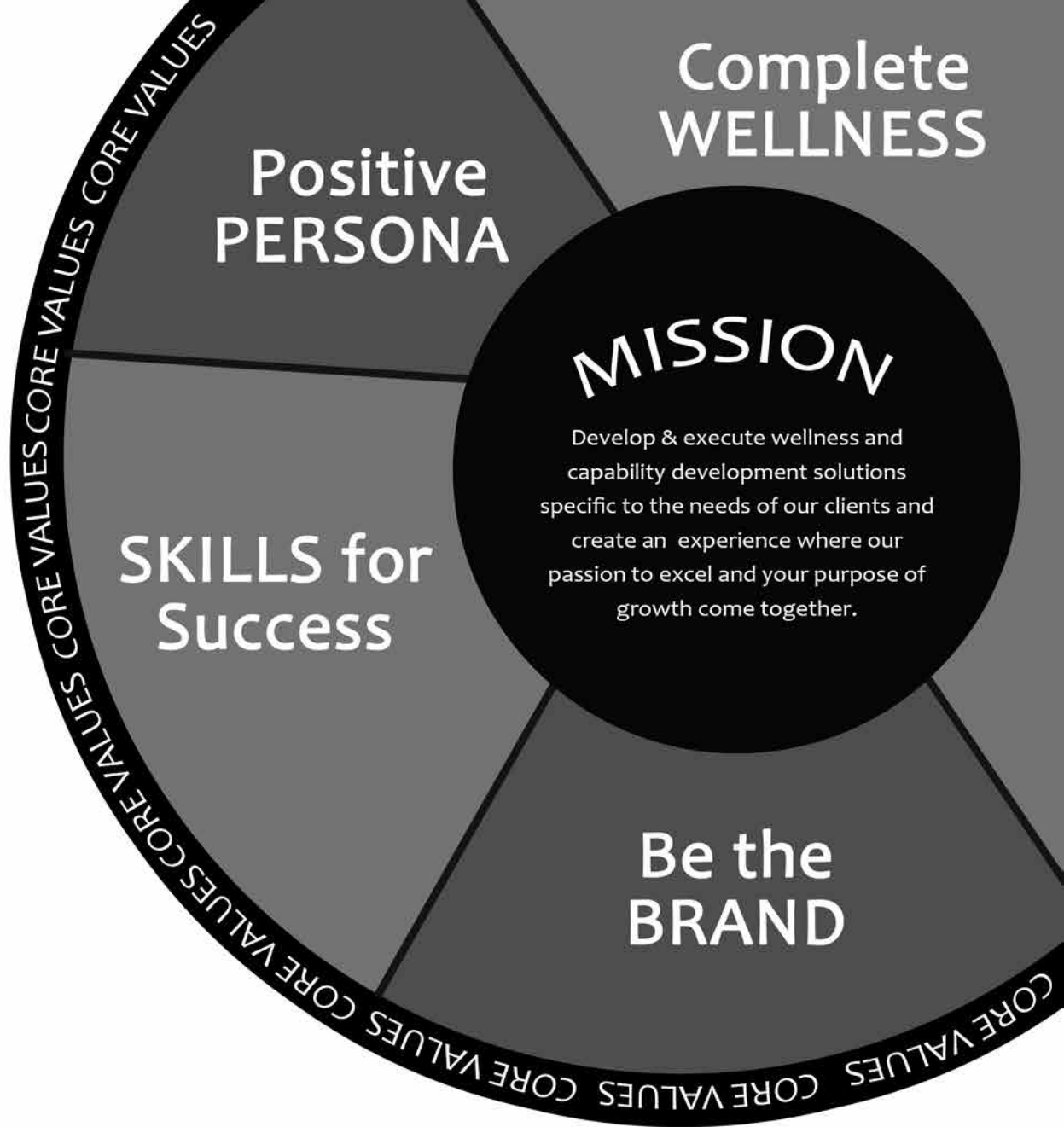
WHO ARE WE

A perfect panacea for wellness & capability development

WHAT WE DO

We design, develop & execute wellness and capability development solutions, unique to the identity of an individual, organization or institution.





BRAND

“WHEN PASSION MEET SKILL, A MASTERPIECE IS CREATED”

IMAGE

“THE KEY TO WELLNESS IS TO ACCEPT PERSONAL RESPONSIBILITY FOR YOUR OWN HEALTH AND WELL-BEING FIRST”

“A BRAND IS A STORY THAT IS ALWAYS BEING TOLD”

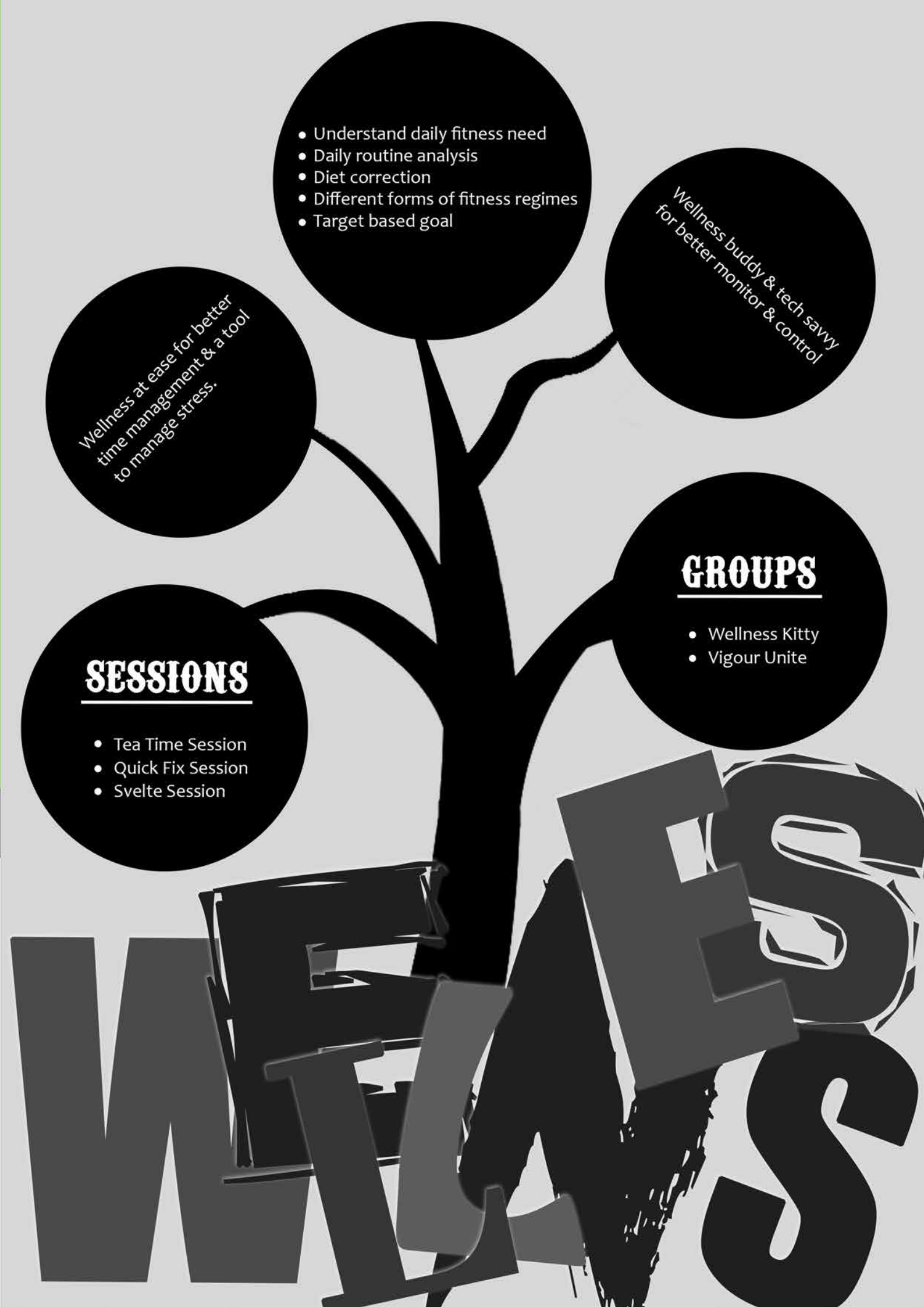
SKILLS

“A STRONG POSITIVE SELF IMAGE IS THE BEST POSSIBLE PREPARATION FOR SUCCESS IN LIFE”

WELLNESS

SERVICE VERTICALS



- 
- Understand daily fitness need
 - Daily routine analysis
 - Diet correction
 - Different forms of fitness regimes
 - Target based goal

Wellness buddy & tech savvy
for better monitor & control

Wellness at ease for better
time management & a tool
to manage stress.

SESSIONS

- Tea Time Session
- Quick Fix Session
- Svelte Session

GROUPS

- Wellness Kitty
- Vigour Unite

WELLNESS



APPEARANCE

- LOOK THE PART
- STYLE YOUR SHAPE/SHAPE YOUR STYLE
- WEAR YOUR DISTINCT COLOR & STYLE
- GROOMING & MAKE-UP
- HYGIENE

APPROACH

- BODY LANGUAGE
- BEHAVIOR
- EXPRESSIONS
- ETIQUETTES
- HABITS



SELF MANAGEMENT

- EMOTIONAL INTELLIGENCE
- EMPATHY
- COMMUNICATION
- TIME MANAGEMENT





PERSONAL SKILLS



INTER-PERSONAL SKILLS

PROFESSIONAL SKILLS



COMMUNICATION SKILLS

SALES & CUSTOMER SERVICES SKILLS



INFLUENCING SKILLS

CREATIVITY SKILLS



LEADERSHIP SKILLS

BRAND

**KNOW
YOUR
+/-**

**EDGE OVER
COMPETITION**

**SALES
&
MARKETING
SOLUTION**

**MARKET
POSITIONING**

**COACHING
&
CONSULTING**



COMMITMENT: We work with enthusiasm and take pride in what we do. We are transparent with clients in our interactions and other aspects and are dedicated to our ethics and values.

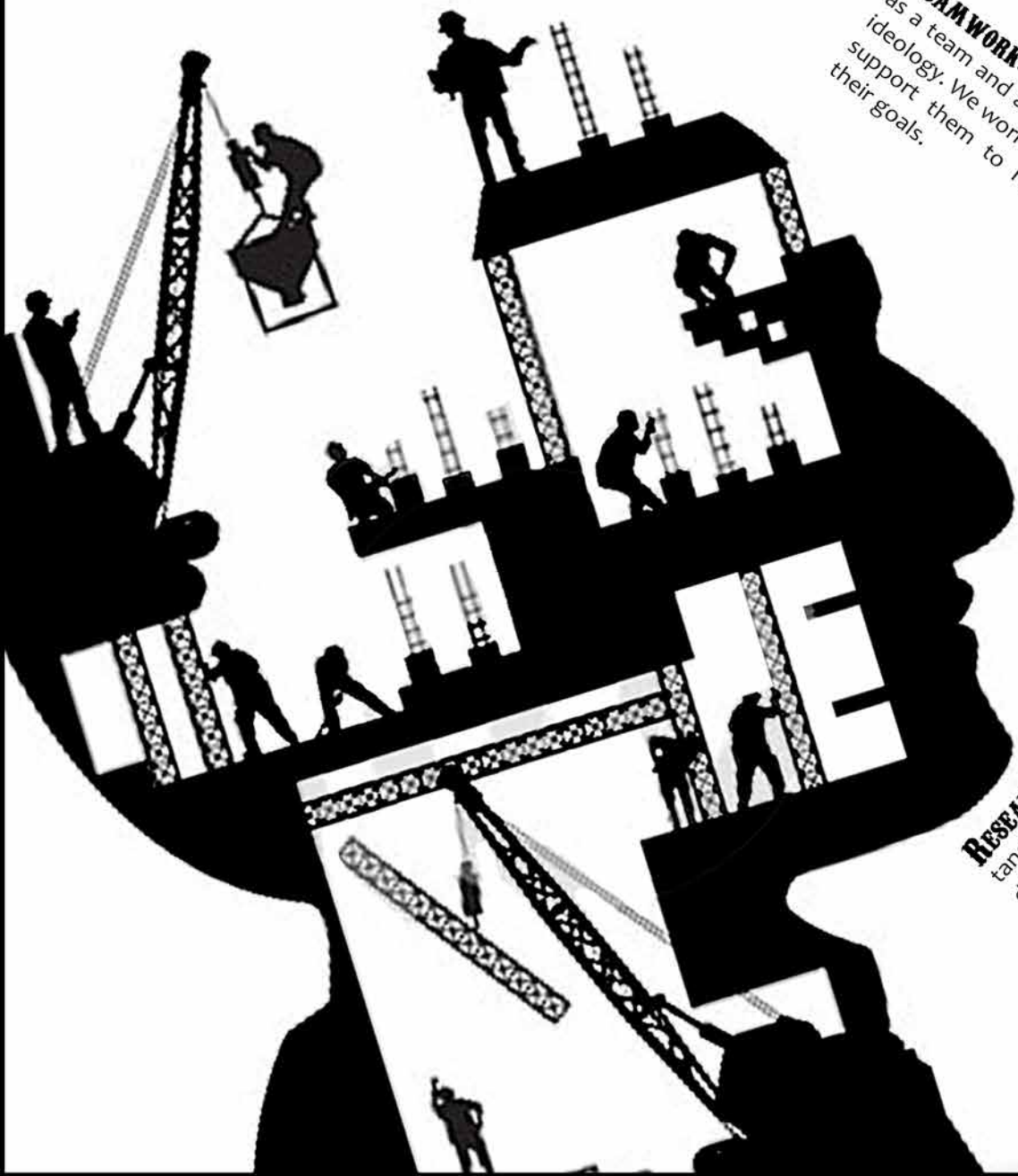
HOSPITALITY: The clients are our sovereign priority. We aid our clients to experiment and explore their potential. We trust in seeking solutions.

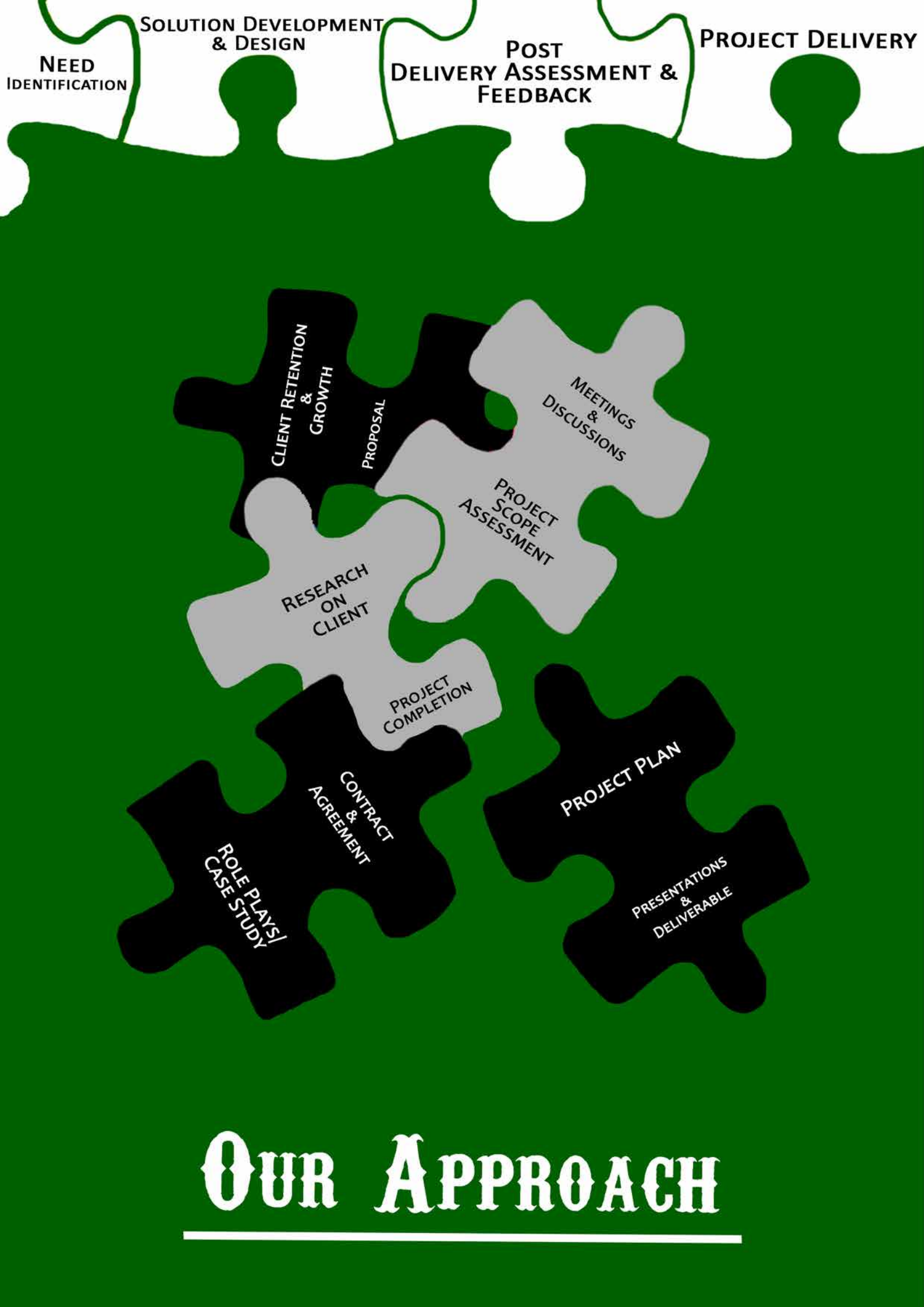
WORK PRINCIPLES

INSPIRE: We assist to inspire and boost up the various temperamental, emotional and mental attributes that characterize a uniqueness of the individual and the associated organizations.

TEAMWORK: We believe in working as a team and are tugged by shared ideology. We work with our clients to support them to rise and achieve their goals.

RESEARCH: We give utmost importance to research for doing things differently every time and that's the key to our success in exceeding our client's expectations.





NEED IDENTIFICATION

SOLUTION DEVELOPMENT & DESIGN

POST DELIVERY ASSESSMENT & FEEDBACK

PROJECT DELIVERY

CLIENT RETENTION & GROWTH

PROPOSAL

MEETINGS & DISCUSSIONS

PROJECT SCOPE ASSESSMENT

RESEARCH ON CLIENT

PROJECT COMPLETION

CONTRACT & AGREEMENT

PROJECT PLAN

ROLE PLAYS/ CASE STUDY

PRESENTATIONS & DELIVERABLE

OUR APPROACH

SHUBHI SRIVASTAVA

“A Hotelier by profession but an entrepreneur by passion”

With over 10 years of experience in hotel industry from operations, training and later sales & marketing. Shubhi has worked with hotels like Rambagh Palace Jaipur, Radisson Hotel & Taj Mahal Hotel and have also tried hands on handling events by herself with another venture of her by the name Meetings 2 Marriages.

A fitness freak, creative and intelligent are few qualities that completely defines Shubhi, with a passion to excel in whatever she do, makes her a commendable mentor.

Complete WELLNESS, Positive PERSONA, SKILLS for Success & Be the BRAND – she completely believes in the following values of our company and promotes them both at a personal and the professional arena.

FOUNDER

TEAM

- ☆ VARIOUS EXPERTS
- ☆ TRAINERS & CONSULTANTS
- ☆ SUPPORT STAFF

- ☆ BEYOND FIRST IMPRESSION
- ☆ INQSERVE
- ☆ UNI SQUARE CONCEPTS

COLLABORATIONS

Indulge
with
Yourself

Wellness
Image
Skills
Brand

W m f B I M f g y z a W r b I
E u n R f A q x r y h o d E z l M
L e i A q G x y i S k a l B u s
L m S N v E h i S I S v A m j
N w K D t p q B i L K e N w r
E e l r W z a R A f L I o D e b
S p L z E g g h A N p z a S L q k p j
S r L g L d e N D p z a L s o r g
d I S o L r s D p z a L s t a I u
l M y v N n o p k l m b v c M q
v A z t E w x y l m b v c A a
e G a n S l j k q r m w b G f
l E b x S n o p n o n x i E t



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