



**Azadwadi**  
Valley of Freedom

# CREATIVE COMMUNICATION

Communicate just like nature does, in harmony.

Wellness  
Proposal



## **Contact us**

+91 7357 49 4321

[team.azadwadi@gmail.com](mailto:team.azadwadi@gmail.com)

[www.azadwadi.com](http://www.azadwadi.com)



# A Better way to practice care

This proposal sets out the holistic wellness and creative communication program to accomplish your company's mental health-related goals in a lasting and sustainable way.

## Overview

We facilitate programs and workshops on creative communication that enhances internal and external communication.

Internal communication helps in our mental and physical well being, and External communication helps in resolving existing conflict and building healthy relationships.

## About Us (team)

We are a growing team of passionate and unconventional people from all walks of life. We believe that a journey to connect oneself to their inner self and express their true nature will help one live better, happier, and healthier lives. To this end, we design programs that get you on a journey to discover the essential nature of your being. Our vision is to bring beings and communities together through these programs.

## Our Path

By compiling our ten years of research and observation, we have created a program that focuses on replicating the language of the universe and helps you communicate effectively.

For example

How does a bird know where and when to migrate?

How our solar system is rotating in synchronization?

How does a mother know the exact time of birthing?

We have been facilitating these workshops for the past six years.

"89% of workers at companies that support well-being efforts are more likely to recommend their company as a good place to work."



# What we Offer

## PHASE I - BASICS

Creative communication Basic workshop

## PHASE II - ADVANCE

Relationship/Team Building Program

Conflict Management Program

Problem Solving Program

Magyajh Retreat Program





# PHASE 1

## Basics to Creative communication



### Basics Workshop

According to modern evolutionary psychologists, verbal communication has not evolved entirely yet to communicate effectively. This becomes the root cause behind all the miscommunication and misunderstandings we encounter in our everyday life. Concerning flaws are lying, faking emotions, cultural barriers and difference in perspectives.

#### Objective

The purpose is to prepare the mind of the receiver, to get ready for what is about to receive.

#### Mind and Mood Workshop

This workshop will give you select strategies that help to identify, manage and transform moods. Become an expert on how to reframe your emotions from within, to create the state of mind that you need for every situation.

#### Gifting workshop

The power of gifting could do wonders in an organization. What better way to express your gratitude towards someone than presenting a handmade, thoughtfully created gift? but giving personal gifts can be hard. Participants build deeper relationships by creating small gifts for their teammates in our gifting workshop. Business leaders can also demonstrate their appreciation to their employees with the help of thoughtful little presents.

# PHASE 2

## Advance to Creative Communication



### Relationship Building Program

Doing similar tasks every day, watching a computer screen for hours, and with no decision-making power makes team relations extremely rigid and monotonous.

On the other hand, our early ancestors faced life-threatening challenges in everyday life that pushed their ability to trust and work incorporation effortless.

#### Objective

To offer an immersive and thrilling experience that challenges the employees.

#### Senses workshop

This workshop will have you learn how to see the amazing beauty all around us and in people. You'll also learn different ways to touch and enjoy the feeling.

You'll be amazed at the abilities of your ears and nose, which will all make it easier to connect with others in deeper ways, creating meaningful relationships!

#### Improvization Workshop

This workshop explores the creative process of improvisation and how those skills can be applied to the stage and beyond. By discovering how to sharpen our focus and heighten our awareness, we learn how to respond well to surprises, take risks, and not take everything too seriously.

## PHASE 2

# Advance to Creative Communication



## Conflict Management Program

The core reason behind any conflict in human is not because of food, sex or shelter like other organisms. But it happens because of the brain's capacity to store information. Information like past traumas, ancestral mental history, accidents which create layers of thoughts that confuse and become the main reason for any conflict.

### Objective

The objective is to become a better observer to spot the root cause of any conflict.

### Tapping the Mind Workshop

Tapping the Mind, a new technique that accesses the creative centers of the brain is designed to quickly clear away negative thoughts and feelings, such as mental clutter and inner and outer conflicts.

Participants will observe whatever is going on in their minds by surreal writing and drawing techniques.

### Reflection workshop

This workshop will help participants to filter out their suppressed thoughts by consciously releasing and resolving the inner and outer conflicts. Participants will learn through various structured reflection techniques, to practice positive intention, thoughts, speech, and actions.

## PHASE 2

# Advance to Creative Communication



## Problem Solving Program

To solve any problem effectively, one needs to think from all possible perspectives, be aware of its surroundings and mindfully work under pressure.

Our early ancestors used their sharp senses to collect information created strategies and tools to survive in the forest.

### Objective

To offer an immersive and thrilling experience that challenges the employees.

### **Exquisite Corpse workshop**

Learn to solve any kind of problem with the Exquisite corpse technique! By going through structured exercises and highly personalized activities, you will be guided through your own journey of discovery, helping you cut through the confusion and unblock your mind from all mental disturbances. The result is an acceptance mindset that allows you to think clearly in order to solve any kind of problem.

## PHASE 2

# Advance to Creative communication



## Magyajh Retreat Program

Magyajh is a Retreat for mental and physical wellbeing to discover oneself and help in building deeper relationships. It offers a unique combination of adventures, relaxation, exploration, and wellness that helps you for healthy mind, body, spirit and promotes more sustainable way of living for the planet through natural foods and outdoor pursuits.

### **Magyajh**

Magyajh is a process of self-discovery, a personal experience that helps to re-connect with yourself. Participants' exploration is unique depending upon their personality, past experiences, perceptions, future expectations, and which event they join us. The idea behind magyajh is simple: create an experience that builds a stronger community, profound communication, enhances creativity, encourages co-existence, and takes care of mental wellness.

Our job is to encourage employees to lead a healthy lifestyle that will, in the end, reflect in their work, home, and community.





## Client Story

"I have been to a lot of retreats, but Magyajh is the best. It is calming, relaxing, and has helped me sleep better. I recommend it to anyone who has stress and insomnia. Magyajh is also a lot of fun. My team and I had a great time during our session."

Ajay Sharma  
Mindtree Ltd.

"Magyajh was a great experience. I had never been into such immersive experiences before, but I would totally recommend it. I really enjoyed the experience and feel more relaxed and rejuvenated after my float. The staff was great and made the experience relaxing and stress-free. I would recommend it for anyone who wants to try something new or is stressed."

Ahmad Ahmadi  
Kuwait Oil Company

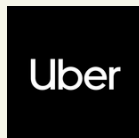
Our session's Link : <https://www.youtube.com/watch?v=juTCPRQ21W0>



Kuwait city



Kuwait city



Mumbai



Bengaluru



Bengaluru



Mumbai



Kuwait city



Bengaluru



## Gallery



CC Workshop, Dubai-2017



CC Workshop, Kuwait-2017



Magyajh, Kuwait-2017



CC Workshop, Bengaluru-20219



CC Workshop, Dubai-2017



Magyajh, Himachal Pradesh- 2021





# Investement

## Quotation

Program	Days / hrs.	Sessions	Cost per session
Phase 1 Basics to Creative Communication	1 day / 2 hrs.	1	12,000 INR
Phase 2 Relationship Building	2 days / 4hrs.	2	10,000 INR
Conflict Management	2 days / 4 hrs.	2	10,000 INR
Problem Solving	2 days / 4hrs.	2	10,000 INR
Magyajh Retreat	2 days / 24hrs	-	-

12-15 participants is allowed per session \*

For any further details feel free to contact us.

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