



# NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

## NALS - EXECUTIVE ENGAGEMENT AND WELLNESS PROGRAMS

### Introduction

Lack of physical activity, extended hours on a desk job and excessive junk intake are taking a toll on modern day executive health. In order to improve executive performance, one must improve their health, fitness and habits. We strongly suggest that companies, if they are not already doing, invest in the HEALTH & FITNESS of their executives in order to improve their wellness and “on-job” performance.

NALS commits itself to long term and periodical programs that are meant to hand hold executives and help them improve their physical, mental, personal and professional effectiveness. We have experience to emphasize that executives require motivation from external sources in these areas. In our view much of the costs for this program can be compared with the periodic food and party costs that many companies spend. In fact, it is one of our recommendations that companies minimise dinner parties or resort outings and instead invest in such programs. We present below several activities that a corporate can choose based on their requirements, resources and budget available.

### Brief Summary of Key Objectives - Overall wellness of executives through:

1. Health and Fitness - exercises and eating healthy
2. Emotional Fitness for stress management and improved relationships
3. Financial Fitness through guidance and support
4. Personalised coaching for improved self esteem and contentment

### Methodology

NALS has proven strategies to engage executives through regular activities in the outdoors as well as indoors. We all know that most of us study only when exam dates are announced. Similarly, we intend to encourage and engage executives to achieve a little more in every field through targets in the physical exercise area as well as exciting adventure activity. We have successfully engaged 100s of executives in the past 2 years and the results are overwhelmingly positive.

### ACTIVITY 1

Title	<b>NALS Outbound @ NALS Coonoor Campus</b>
Duration	24 hrs / 48 hrs or multiples thereof
Contents	Our flagship programme has crossed 24,000 participants - Activities > Plenty of outdoors and challenging physical activity such as High Ropes, Rappelling, Trekking, floor level exciting problem solvers, Leadership Development, etc
Budget	Rs. 3,500 per day (24 hrs) + GST @ 5%

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## ACTIVITY 2

Title	<b>Physical fitness and health</b>
Duration	3 ~ 4 sessions per quarter - both outdoor and indoor
Contents	Gradual and incremental increase in fitness through mountain walks. Further, this also includes individual diet counselling, motivation to achieve targets, yoga and pranayama training, seminar about health and fitness. We will also implement a monitoring chart for each executive to track their performance with.
Budget	Rs. 1000 per executive per quarter + GST @ 18%

## ACTIVITY 3

Title	<b>Corporate Get-together + Wall Climbing + Dinner at Chinnavedampatti</b>
Contents	Fun games + exciting wall climbing + importance of health and fitness + simple dinner
Benefits	Social bonding between employees, Physical health, Adrenalin rush, sense of achievement, perseverance and self motivation to achieve. Families can also join
Cost	Rs. 600 per person + GST 18%

## ACTIVITY 4

Title	<b>Wall Climbing Championship at Chinnavedampatti</b>
Contents	Two training sessions of about 60 mins. each and one championship module that consists of preliminary, semi-final and final rounds
Benefits	Physical health, Adrenalin rush, sense of achievement, perseverance and self motivation to achieve
Prizes	The management may offer attractive prizes to winners
Cost	Rs. 1500 per person + GST 18%

## ACTIVITY 5

Title	<b>Conflict &amp; Stress Management</b>
Contents	Our basic instincts and how they generate conflicts and how to manage them
Benefits	How to manage conflicts at work space / personal life / improved compassion & tolerance
Duration	About 150 minutes with 15 minute break included
Cost	Rs. 500 per person (we need seminar hall + board + PPTs) + GST @ 18%

## ACTIVITY 6

Title	<b>Financial Planning and Investing for future</b>
Contents	Fundamentals of money management, how money grows, future expenses, inflation, avenues for investing and smart money management
Benefits	Reduce frivolous expenses, manage financial insecurity, improve good habits of savings, reduce financial insecurity
Batch Size	Max 60 persons for effective interaction
Duration	About 60 minutes
Cost	Complimentary (we need seminar hall + board + PPTs)

## ACTIVITY 7

	(It is mandatory to undergo ACTIVITY 1 for participation in this activity)
Title:	Executive Coaching for Wellness
Duration:	2 sessions per quarter - indoors / Ideal batch size max 20 persons

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**Content:** Dimension of wellness, Emotional Intelligence, Re-building relationship, Recreating bliss of childhood, Overcoming inhibitions, Anxiety & Anger Mgt, Questioning habit hookers, Overcoming resistance to change.  
**Budget:** 1250 per executive per quarter (additional sessions will be based on our assessment of executive needs) + GST @ 18%

## **ACTIVITY 8**

**Title:** Individual Coaching sessions for personal excellence (**one to one**)  
**Duration:** Based on outcome of ACTIVITY 6, NALS will propose this; approx 2 ~ 10 sessions of about one hour each.  
**Content:** Personal coaching to overcome several issues such as mental blocks, family issues, relationship issues, substance abuse and addictions etc, that cannot be discussed in public. These habits, many a time, hold back executives with extraordinary skills on the job.  
**Budget:** 3000 per executive per session + GST @ 18%

## **ACTIVITY 9**

**Title:** CORPORATE RESILIENCE BUILDING PROGRAM IN HIMALAYAS  
**Duration:** 5 days in Manali + travel  
**Content:** Trekking to altitude of 15000 feet, led by senior NALS Facilitator and includes activities that improve resilience and adaptability of executives  
**Budget:** 34,000 per person + travel costs to & from Manali (subject to minimum group size of 8 persons) + GST @ 5%

## **ACTIVITY 10**

**Title:** NALS LEADERSHIP ASSESSMENT PROGRAM  
**Duration:** Varies from 4 ~ 20 days  
**Content:** Competency mapping for a given profile, Personality assessment, assessment for next level promotion, Assessment tools such as 15FQ+, Mapping areas for improvement etc  
**Budget:** Rs. 20,000 per employee + GST 18%

## **How will this exercise help your institution?**

1. Huge benefits in branding with your customers and associates
2. Intense interaction with your executives outside the workspace in a healthy way will improve bonding and personal attachment
3. Increased retentivity, higher effectiveness and enthusiasm will improve culture of your organisation
4. Please read testimonial from one client in the following page.

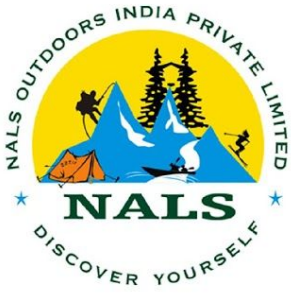
## **General Terms**

- Prices will change marginally with group size / duration
- This price quoted is valid for a period of three months from the date of this offer
- 100% in advance **for confirmation of dates**
- GST extra as mentioned against each program
- For outstation (other than Coimbatore), please consider additional travel costs at actuals
- Local travel of your executives to activity area is to be arranged by yourself.

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## TESTIMONIAL FROM ONE CORPORATE CLIENT WHO HAS EXPERIENCED NALS EXECUTIVE ENGAGEMENT AND WELLNESS PROGRAM

### To: Harvard Alumni Travel Program Administrator

As a Harvard alum I greatly appreciate our Alumni Travels program. If I might suggest adding a High Adventure opportunity to our program...

Last fall my company sponsored a High Adventure Trek in the Himalayan Mountains in India for a Team Building - Leadership experience program. For many of the 30 people that attended, this was a "once-in-a-lifetime" experience. From the sheer beauty of the landscape, the exhilarating feelings of hiking across glaciers, the bonding between individuals, the new connections made, the adventure and inspiration, the fantastic food, and the hardships/joy of the outdoor trekking adventure, it was truly amazing and memorable. A sightseeing tour with an outdoor adventure trek and lifetime memories.

This was made possible through the professional and masterful oversight of our outfitter, the **National Adventure Leadership School (NALS) of India**. They provided the entire itinerary, all of the technical gear, porters for the heavy equipment, all of the "scrumptious" meals, and unrelenting motivation and inspiration for all. The leader of their group is former India Military and understands how to manage, lead, motivate, inspire and entertain a group. In fact, we had such a memorable experience that we have already booked again for this August 2017 for a trek in Kashmir.

As a US based company that owns a subsidiary company in India, we are fortunate to have access to such a fine tour operator and experience in India. I would like to share this experience and provide the same opportunity to the entire Harvard Alumni Community. I do this without hesitation and without any financial incentive whatsoever. Rather, I sincerely believe that:

- a high adventure program should be a part of our Harvard Alumni Travels;
- that including a Trek with NALS would be well appreciated by our alumni, customized to their needs, and;
- a NALS adventure would be extremely well executed resulting in a positive experience for all.

Please take this into consideration for your 2017 planning and beyond. I would be happy to provide any further information or discuss this in any way, my contact info below:

Sincerely,

**David Lesniak - HBS '96**

CEO - Personiv | People Powered Outsourcing

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