



ELAAN TRAINING
PRIVATE LIMITED

THE WELLNESS COLLECTIVE

www.elaantraining.com

About Us

Elaan Training Private Limited delivers high-impact workforce training, coaching & wellness programs with the intent to provide measurable transformation to an organisations' human capital.



Vision

To be a global leader in training and wellness excellence, becoming the top choice for individuals and organisations aiming to upgrade their skills.



Mission

To create a transformational impact on individuals by enhancing their skills, professional conduct and mental well-being, enabling them to excel in all aspects of life.



Our Values

Driven by the spirit of Excellence, Compassion, Integrity, Innovation and Purpose.



Sectors

- Telecom
- Banking
- Retail
- Education
- Automotive
- BFSI
- IT
- Pharmaceutical
- E-Commerce



Our Clients



SRV HOSPITAL



Take it easy!



WITH YOU, RIGHT THROUGH



Our Clients



Meet the Team

Each of our trainers and facilitators bring a wealth of knowledge, with at least 5 years of experience, backed by our proprietary Train-the-Trainer (TTT) program.

On Board we have:

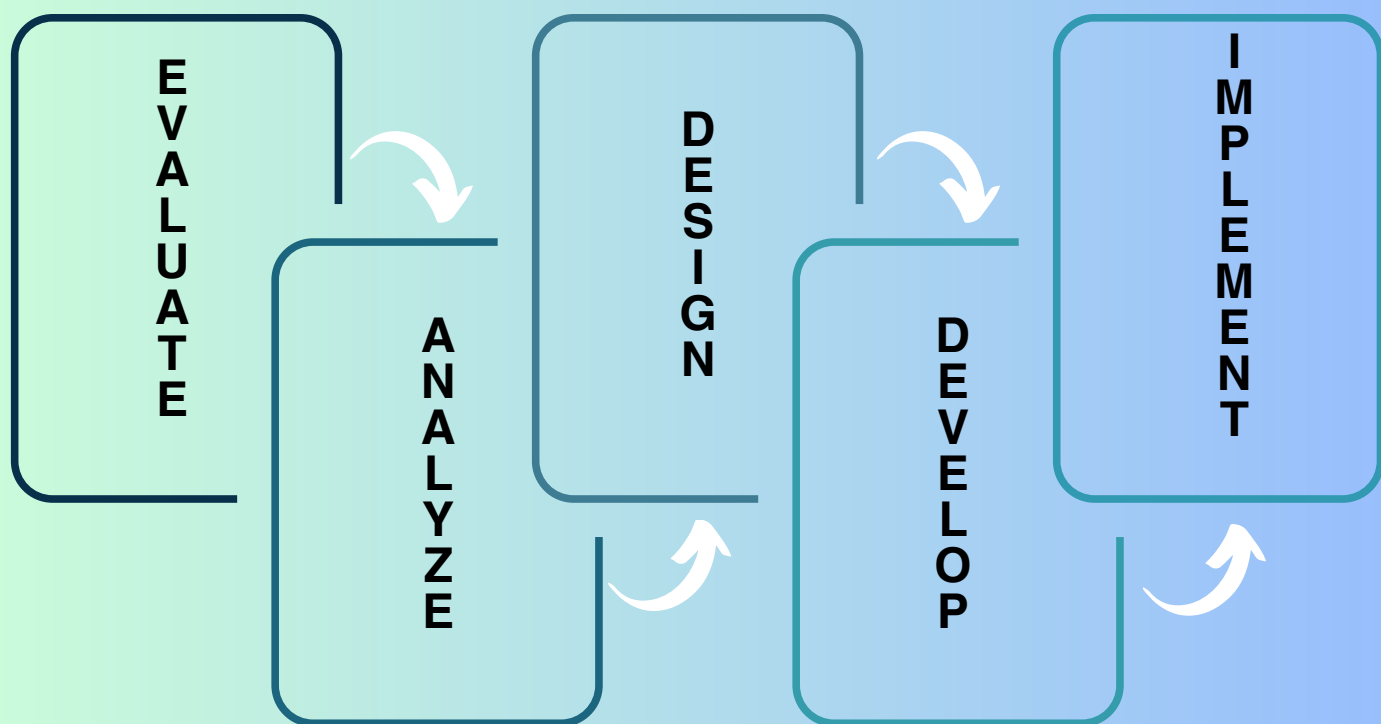
- Corporate Trainers
- Motivational Speakers
- Image Consultants
- Life Coaches
- Happiness Experts
- Brain Gym Instructors
- Counsellors
- Lifestyle Consultants
- Fashion Stylists
- Art Therapists
- Yoga Therapists
- Theatre Therapists



How We Create Change

We start with you, through our Training Needs Analysis (TNA), we ensure our programs align with your team's unique goals.

Our 5-Step Approach:



The Elaan Impact

Transforming People, Not Just Skill Sets

From Follower to Leader

Experiential learning that builds initiative, ownership & leadership skills at all levels.

Mindset Shifts

Science-backed techniques to overcome mental blocks and adopt a growth-driven perspective.

Confidence Building

Boosting self-belief through image management, public speaking, and guided self-talk.

Action to Impact

SMART goal setting & real-world tools that turn intent into measurable outcomes.

Practical Skill Enhancement

Interactive case studies & simulations ensure lasting knowledge retention and implementation.

Wellness-Driven Performance

Yoga, brain gym & sound healing programs to align mind and body for peak productivity.

Inclusive & Empathetic Leadership

Programs rooted in DEI and emotional intelligence to build culturally aware, human-first leaders.

Proven Results

From 40%+ better collaboration to 75%+ employee engagement - our impact is measurable.

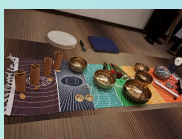
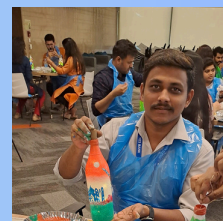
The Elaan Edge

Why Us?

- 30+ corporates impacted across India
- Expert trainers with 5+ years of minimum experience
- In-house certified TTT program to ensure quality
- Integration of wellness, mindset and leadership training
- Flexible formats: 1-on-1 coaching, group workshops, outbound learning
- Trusted by industries across BFSI, IT, Pharma, Retail, Telecom, Banking and many more



Wellness Transformations



Training Moments



Wellness at Work

Because Healthy Teams Perform Better

In today's fast-paced work environment, wellness plays a key role in keeping employees energised, focused, and mentally balanced. A thoughtful wellness program not only reduces stress and burnout, but also boosts team morale and overall productivity.

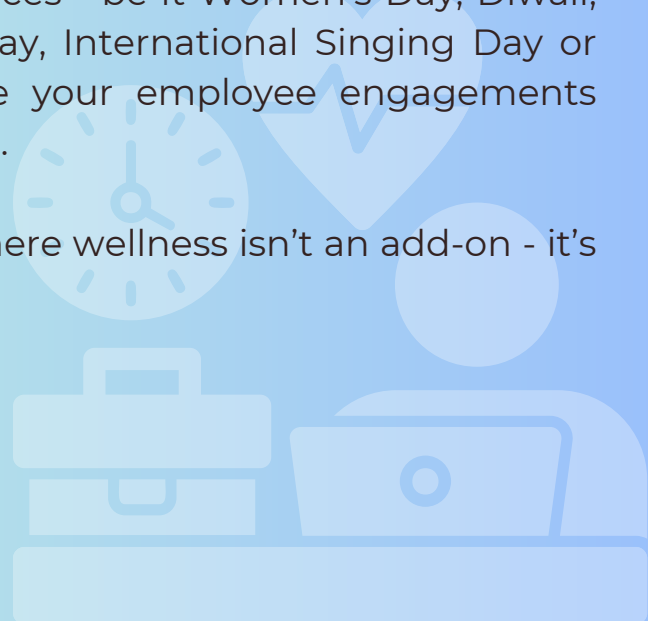
At Elaan Training, we offer a one-stop solution for all your wellness needs - curated to support physical, mental, and emotional well-being. Whether it's a quick energiser or a deep relaxation session, we bring holistic wellness to your workplace.

Our offerings are divided into two categories:

- **Experiential Wellness Workshops:** Interactive sessions like Sound Meditation, Brain Gym, Yoga, and Tai Chi - most of which can be conducted online or offline.
- **DIY Wellness Activities:** Hands-on experiences like Mandala Art, Glass Bowl Gardening, and Journaling - mostly in-person, with a few online options.

Additionally, we specialise in curating festival-specific and occasion-based wellness experiences - be it Women's Day, Diwali, Yoga Day, International Dance Day, International Singing Day or year-end celebrations - to make your employee engagements more meaningful and memorable.

Let's build a workplace culture where wellness isn't an add-on - it's a way of life.

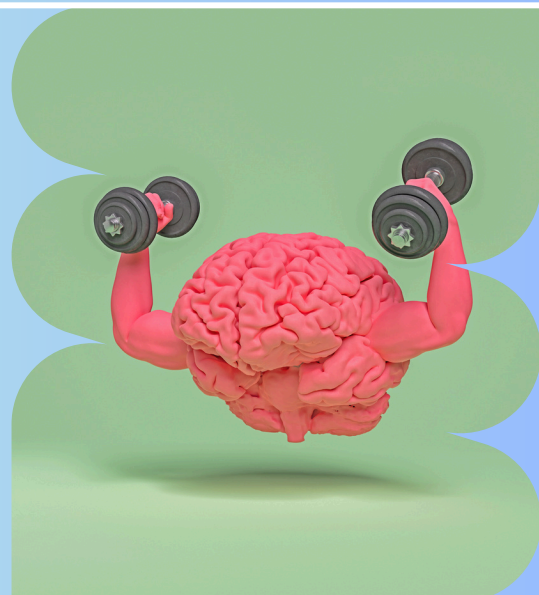


EXPERIENTIAL

BRAIN GYM & MORE

Brain Gym is a set of simple neuro-motor exercises that help activate both sides of the brain, enhancing focus, clarity, and energy.

In this workshop, participants learn practical exercises that improve focus, mental agility, and positivity—beneficial for anyone facing stress, decision fatigue, or a fast-paced work environment.



ENERGY MEDICINE

Energy Medicine is a holistic approach that helps restore balance and wellness by harmonising the body's energy fields.

Participants learn gentle techniques to reduce stress, boost emotional resilience, and support overall well-being—ideal for high-pressure work environments.

HAPPINESS QUOTIENT

Based on Positive Psychology, this experiential workshop helps participants understand the science of happiness, while exploring tools to enhance daily joy and personal growth.

The session covers mindfulness, gratitude practices, and reframing techniques to foster optimism and well-being—helping build happy individuals and healthier teams.



EXPERIENTIAL

ART THERAPY

Art Therapy taps into creative expression to explore emotions and mental well-being. This workshop allows employees to reflect, express, and release through drawing, painting, and visual art.

By promoting self-awareness and non-verbal communication, Art Therapy helps teams bond, reduce stress, and improve emotional resilience.



MOVEMENT THERAPY

Movement Therapy uses body awareness and intentional movement to explore emotions and promote well-being. It's a self-exploratory session that invites participants to express themselves through guided motion.

This therapy helps improve mental clarity, relieve stress, and reconnect body and mind without any need for dance training.

THEATRE THERAPY

Drama-based learning combines improvisation and roleplay in a safe environment to mirror real-life experiences. It builds empathy, confidence, and communication skills.

Ideal for client-facing teams or leadership roles, this session encourages deeper understanding of group dynamics and interpersonal challenges.



EXPERIENTIAL

ART OF MANIFESTATION

This workshop focuses on turning positive intention into reality using vision boards, affirmations, and visualization. Participants gain clarity on their goals and learn to manifest outcomes through aligned action.

A motivating session that fosters goal-setting, purpose-driven thinking, and a positive mindset.



WORKPLACE YOGA

Workplace Yoga blends mindful breathing with accessible postures to help professionals manage stress and posture issues. Modules include Eye Yoga, Desk Yoga, Hatha Yoga, Tai Chi, and more.

These practices enhance focus, boost energy, and prevent physical strain caused by desk jobs—bringing balance and wellness to the workplace.

SOUND MEDITATION

Sound Meditation uses healing frequencies from instruments like Tibetan bowls and gongs to guide deep relaxation. Participants “bathe” in sound waves that balance brain activity and improve circulation.

This calming session helps relieve tension, reduce anxiety, and renew inner balance—ideal for highly stressed environments.



EXPERIENTIAL

SITTING IS THE NEW SMOKING

Excessive sitting can lead to chronic health issues and lower productivity. This workshop educates employees on the risks and empowers them with tools to stay active during long work hours.

Interactive tips and short activities promote better posture, energy, and movement—even in busy office settings.



ZUMBA/ DANCE FITNESS

This high-energy session combines fitness with fun through structured dance routines. It's an excellent stress-reliever that lifts mood and promotes heart health.

No dance background required—just music, movement, and an open mind. Perfect for employee engagement.

SELF DEFENCE

This practical session teaches quick, effective self-defence techniques, including situational awareness and basic escapes.

It builds confidence and promotes personal safety—especially empowering for women and employees working late hours.



EXPERIENTIAL

SLEEP MANAGEMENT

A restful night is key to a productive day. This session explores sleep cycles, routines, and strategies to enhance sleep quality.

Participants learn how to overcome common sleep challenges and reset body rhythms—ensuring better focus and lower stress.



NUTRITIONAL WELLNESS

Learn to fuel your body and brain right. This workshop discusses smart food choices, hydration, and workplace snacking.

Participants gain actionable tips on improving productivity, focus, and energy through everyday nutrition.

FINANCIAL PLANNING

Through modules like “Investing Right,” “Planning for Retirement,” and “Understanding Stocks,” this session demystifies financial decision-making.

It empowers employees with tools for long-term financial stability—reducing money-related stress and improving peace of mind.



EXPERIENTIAL

IMAGE MANAGEMENT

This session covers dressing, behavior, and communication to align your personal and professional image.

It enhances first impressions, sharpens communication, and builds credibility—especially vital in leadership and client-facing roles.



POWER DRESSING

Dress with intention and impact. This session shares insights on styling for confidence, accessorizing, and carrying oneself with poise. A valuable session for professionals looking to make a statement through appearance while remaining authentic.

WORKPLACE GROOMING & MAKE UP

Grooming and makeup affect presence and confidence. This workshop focuses on everyday grooming and simple makeup routines for working professionals.

The session promotes self-care and neat appearance, enhancing both comfort and confidence at work.



EXPERIENTIAL

We can also organize workshops for the following:



RELATIONSHIPS & YOU



MAGICAL MARRIAGES



GUILT-FREE PARENTING



RENDEZVOUS WITH A GYNAC



MENOPAUSE READY



BACH THERAPY



COUNSELLING SESSIONS

Want to explore these for your team? Let's co-create a healthier, happier workplace with Elaan Training.

VISION BOOK MAKING

A vision book is a powerful visual tool to clarify your goals and inspire action. This creative process helps participants map out their dreams through imagery and intention, turning thoughts into tangible goals.

By engaging in visualisation, participants develop greater clarity, focus, and motivation—boosting personal growth and self-belief.



CREATE YOUR OWN HAPPINESS JOURNAL

This hands-on session guides participants in designing a personalised journal that captures daily gratitude, joyful moments, and reflections. It becomes a trusted space for self-connection. By cultivating a habit of journaling, participants nurture a long-term positive mindset and emotional resilience.

PERFUME MAKING

Participants explore the art of blending scents and create their own signature fragrance using essential oils. This sensory activity is immersive, relaxing, and fun.

The process encourages mindfulness, sparks creativity, and provides a refreshing break from the digital grind.



GLASS BOWL GARDENING

Participants create their own lush terrarium—a miniature garden in a glass bowl. This calming activity connects individuals with nature and inspires eco-awareness.

Taking home their green creation brings a sense of satisfaction and helps reduce daily stress through visual calmness.



GROW YOUR OWN MICROGREENS

This interactive session teaches how to grow nutrient-rich microgreens in any space. Participants engage in mindful planting and sustainable living.

It encourages healthier eating habits, improves daily nutrition, and builds a connection to the food they consume.

COOKING WITHOUT FIRE

A fun and safe culinary session where participants learn to prepare healthy no-cook dishes like energy drinks, salads, and mains.

It promotes nutrition awareness and team bonding while teaching creative, health-friendly recipes for daily life.



NAIL ART

Participants learn nail care and design techniques using a provided toolkit. It's a colourful and engaging workshop perfect for self-expression.

The act of decorating nails becomes a relaxing, confidence-boosting experience that blends beauty with creativity.



COFFEE ART

In this workshop, participants use coffee as paint to create beautiful, earthy artworks. With no prior skills needed, it's expressive and therapeutic.

It offers a mindful and aromatic art experience that brings peace and artistic joy in every brushstroke.

MANDALA ART

This meditative session involves drawing intricate mandala patterns that radiate from a central point. It promotes stillness and introspection.

The rhythmic nature of mandala drawing calms the mind, increases focus, and encourages emotional balance.



MACRAME ART

Participants learn decorative knotting techniques to make keychains, coasters, or wall hangings. It's a tactile art that encourages patience and creativity.

The repetitive knotting relieves anxiety, enhances concentration, and provides a beautiful handmade takeaway.



DREAM CATCHER MAKING

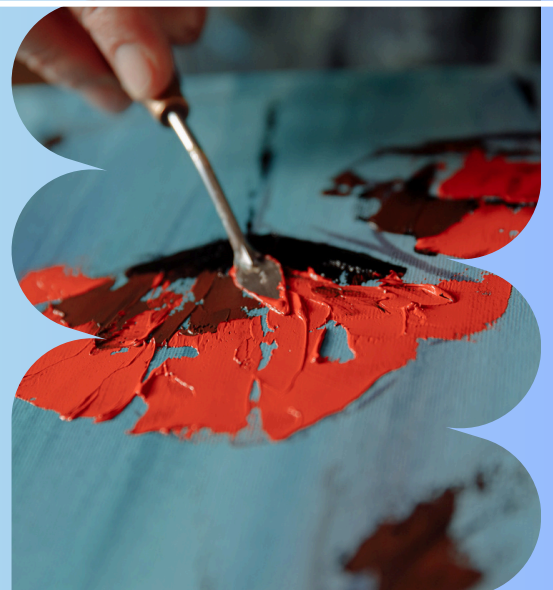
Participants craft personalised dream catchers using threads, feathers, and beads. Inspired by Native American tradition, this activity blends craft and storytelling.

It fosters cultural appreciation and creativity while offering a relaxing, symbolic artistic experience.

KNIFE PAINTING

This workshop uses palette knives and textured paint techniques to create bold, abstract art. It's intuitive, expressive, and highly engaging.

Knife painting helps break creative blocks and provides a deeply satisfying, hands-on emotional release.



DECOUPAGE ART

Participants explore layering paper designs onto surfaces like trays or jars with glue and paint. The process is slow, decorative, and detail-driven.

It sharpens focus, enhances creativity, and results in a meaningful keepsake they can take home.



POURING ART

A playful session where paints are swirled and poured to create marbled masterpieces. The outcome is unpredictable and fun.

It sparks creativity, boosts spontaneity, and offers joyful freedom in artistic exploration.

TEXTURE ART

This workshop teaches how to use tools and layers to create visually and tactilely textured artwork.

It's a mindful art practice that helps with emotional expression and sensory stimulation.



Old Indian Art Forms

India has a rich heritage of intricate, meaningful art forms - from Lippan work and Madhubani painting to Pichwai, Gond, and Block Printing. This workshop celebrates these traditional arts, allowing participants to explore their cultural roots through hands-on creative expression. Elaan Training proudly supports the revival of these beautiful crafts, connecting participants with India's artistic legacy.

The Old Indian Art Forms workshop, like Lippan, Madhubani, Gond, Block Printing, and Pichwai, build cultural appreciation and nurture creativity through traditional art.



We can also organize workshops for the following:



CHOCOLATE MAKING



ALCOHOL INK ART



STAINED GLASS ART



DOODLE ART



PAPER FLOWER MAKING



SNOW GLOBE MAKING

Whether you're looking to elevate creativity, reduce stress, or bring more joy to your team—our DIY Wellness workshops offer the perfect mix of relaxation and inspiration.

THE FOUNDERS

MINAL SATA

Minal Sata as the Director of Elaan Training brings 20+ years of diverse experience across corporate, nonprofit & entrepreneurial sectors. An NMIMS post-graduate in Financial Management, she has led Elaan to deliver 15,000+ hours of training in 65+ cities with a strong focus on people-first leadership & practical impact. She is also the co-founder of Angel Xpress Foundation, supporting underprivileged children, and a founding director of My Buddy Care, an upcoming pet care venture. Minal is known for her empathy-driven leadership & dedication to building meaningful, lasting change.



DEVANSHI SHARMA

Devanshi is a certified Image Consultant (ICBI, India) and an internationally accredited Life Coach (CCA, Canada). An alumna of AIESEC and MILT, her global exposure includes a tenure at St. Michel College, Brussels, and interactions with diverse cultures during international travels. With expertise in fashion and business communication, she brings a unique ability to connect with individuals of all ages and backgrounds. Devanshi is also a certified Brain Gym Instructor, Happiness Coach, Sound Healer, Life Coach, and Child Safety & Security Expert.





SUMEET MITRA

Sumeet is a seasoned management professional with 20+ years of experience in Management, Financial Consulting, and Private Equity. He has worked with the Halcyon Group and Prudential, UK, handling Risk Management roles across London and Mumbai. He currently leads Jupiter Capital Advisory, offering PE & Debt Syndication, Structured Finance, and Strategic Advisory to corporates, investors, and family offices. Sumeet holds degrees in Commerce and Law from Mumbai University and an MBA in Finance from ICFAI Business School.





-  +91 90046 87527
-  devanshi@elaantraining.com
-  Mumbai, India.
-  www.elaantraining.com

Thank You for Believing in Change!

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