



# CLARITY

Clear Mind  
Optimal Results

WORKPLACE WELLNESS PROGRAMS  
BY DR ANNA YOUNG-FERRIS

*"Meditation has probably been the single most important reason for whatever success I've had."*

Ray Dalio, Founder of Bridgewater Associates (world's largest hedge fund)

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# About Anna

Anna is a renowned Vedic meditation teacher, UN-awarded sustainability leader, consultant, and author. With a PhD, GAICD, and over two decades of experience across corporate, academic and community settings, she bridges proven research and executive insight with timeless Vedic wisdom.

Anna helps professionals cultivate clarity, resilience, and creativity amidst the pace of modern work and life. Her programs offer practical tools for mental clarity and emotional balance—empowering leaders and teams to enhance focus, connection, and well-being.

As a mother of three and long-time practitioner, Anna brings authentic experience and insight to her work, guiding people to reconnect with purpose and presence in ways that elevate performance and fulfillment.

# Scientific Evidence, Proven Impact

1

## **Meditation reduces stress and burnout**

An 8-week mindfulness program for employees significantly reduced global stress, job strain, burnout, depression, and anxiety, with benefits maintained at 4-month follow-up (Radin et al, 2025).

2

## **Meditation improves task focus and productivity at work**

A study reported 81% of employees experienced improved task focus and concentration, enhancing overall productivity after regular meditation practice (Murugesan, 2024).

3

## **Wellness programs reduce absenteeism**

A meta-analysis of wellness programs found participation reduced absenteeism and improved job-related attitudes across multiple workplaces—supporting employer investment in structured initiatives (Parks and Steelman, 2008).

4

## **Mindfulness boosts creativity and innovation**

A multi-wave study found higher workplace mindfulness significantly increased employee creativity and innovation via enhanced psychological resources (Li et al, 2023).



# Vision & Mission

To empower corporate leaders and teams with evidence based insights and practical tools for enhanced mental clarity, decisive action, emotional intelligence, and heart-centered leadership. Guiding professionals to access inner stillness, align decisions with purpose, achieve optimal results, and lead with resilience and impact.

- 1 Clarity in Decision-Making:** Practical mental tools that sharpen focus and executive function for confident, high-pressure choices.
- 2 Emotional Intelligence:** Cultivating self-awareness and regulation to strengthen team dynamics and interpersonal leadership.
- 3 Authentic Leadership:** Awakening inner stillness for purpose-driven decisions and heart-led influence that elevates performance.



# Signature Workplace Wellness Programs

1

## CLARITY Reset

45-60 mins

In-person and online

A targeted session delivering immediate stress release, enhanced focus, and mental clarity to reduce burnout and sharpen decision-making for high-pressure workdays.

- 
- All Staff
  - Corporate Executives
  - Senior Leaders
  - High Performing Teams

2

## CLARITY Enhance

2-3 hours

In-person and online

An interactive workshop that builds emotional intelligence, decision-making precision, and team resilience through practical techniques—equipping professionals with tools for sustained performance under pressure.

- 
- Corporate Executives
  - Senior Leaders
  - Board Directors
  - High Performing Teams

3

## CLARITY Mastery

4 short sessions, 4 days

In-person only

A transformative 4-session Vedic Meditation course that equips leaders with a lifelong technique for peak mental clarity, emotional intelligence, heart-centered leadership, and optimal business results.

- 
- Corporate Executives
  - Senior Leaders
  - Board Directors
  - High Performing Teams

# 1. CLARITY Reset

A targeted **45-60 minute guided session**, **CLARITY Reset** provides an immediate boost to stress relief, focus, and mental clarity - helping reduce burnout, sharpen decision-making and team performance during high-pressure workdays.

Leaders gain insight into the scientifically backed benefits of meditation, explore the nature of the mind and the sources of stress, and experience a simple, effortless technique that quickly quiets mental noise and restores clarity amidst daily workplace demands.

## **Typical session format - in person and online:**

- Introduction: Why we meditate and workplace benefits
- Understanding the nature of the mind and stress
- Guided meditation (15-20 minutes)
- Group reflection, sharing, and Q&A
- Practical guidance for establishing a regular practice

## **What leaders gain**

- Immediate stress relief
- Immediate burnout relief
- Decision-making clarity boost
- Emotional intelligence boost
- Immediate focus boost
- Invigorated team leadership boost

## **Testimonial**

*"Anna's session instantly calmed my mind and body—transforming my relationship with meditation from one of struggle to immediate felt benefit."*

Bianca, GAICD, Sales Leader

# 2. CLARITY Enhance

**CLARITY Enhance** is an interactive **2-3 hour workshop** where leaders examine scientific evidence on meditation's evidence while building emotional intelligence, decision-making precision, and team resilience through time tested practical techniques —equipping professionals with proven tools for sustained performance under pressure.

Participants explore research-backed benefits (stress reduction, focus, creativity) via guided practice, group discussion, and actionable strategies for immediate workplace application—bridging ancient wisdom with modern corporate demands.

## **Typical workshop format - in person and online:**

- Introduction: Why we meditate
- Guided body scan (5 minutes)
- Overview of the science and workplace benefits
- Understanding the nature of the mind and stress
- Understanding different styles of meditation
- Guided meditation (20 minutes)
- Group reflections, sharing, and Q&A
- Practical guidance for establishing a regular practice

## **What leaders gain**

- Deeper understanding of science behind meditation and performance impact
- Enhanced decision-making clarity
- Strengthened emotional intelligence and self-awareness
- Practical strategies for team resilience and communication
- Reduced stress and proactive burnout prevention
- Boosted creativity and innovative thinking
- Actionable tools for immediate workplace application

## **Testimonial**

*“Less reactive, more empathetic leadership—navigating difficult decisions with calm, clarity, ease and grace.”*

Arany, General Practitioner

# 3. CLARITY Mastery

Delivered across **four short sessions over four days**, **CLARITY Mastery** equips executives with a sustainable and personalised meditation technique, precise training, ongoing support and community access.

Leaders learn to master a proven 15-20 minute twice-daily Vedic meditation practice—grounded in ancient wisdom and modern neuroscience—that systematically dissolves deep-seated stress, quiets mental noise, and builds unshakable clarity. This enables decisive action, refined emotional intelligence, sustained high performance, and cohesive team leadership amidst workplace demands.

## Typical course format - in person only:

- *Session 1 (1 hour): Personalised mantra Instruction:* Receive your personal mantra, core instructions, and first guided practice to effortlessly settle the mind.
- *Session 2 (2 hours): Technique mastery:* Refine mantra use—the foundation of Vedic meditation—for maximum stress release and self-sufficient practice.
- *Session 3 (2 hours): Stress release mechanics:* Explore how thoughts signal stress dissolving, mind-body connection, and science of adaptation energy.
- *Session 4 (1.5 hours): Sustainable practice strategies:* Build routines for busy executive life, troubleshoot integration, and plan for long-term clarity and performance.

## What leaders gain

- Proven, lasting stress reduction
- Clearer, more confident decision-making
- A 15-20 minute daily meditation practice
- Enhanced emotional intelligence
- Enhanced self-awareness
- Revitalised leadership presence and team alignment
- Increased creativity and adaptive thinking
- A lifelong toolkit for peak performance under pressure
- Lifetime access to group meditations, refreshers, and alumni support

## Testimonial

*"I absolutely recommend Anna as a teacher with authentic human insight. Vedic meditation adds lifelong value—no matter your age, role, or life stage."*

Paul, Senior Wellness Coach and Mentor

# Investment

POPULAR

**CLARITY Reset**

45-60 mins

In-person and online

Instant stress relief  
 Sharper decision-making  
 Immediate focus boost

\$1800/up to 20 (\$90 pp)

45 mins

\$2800/ up to 40 (\$70 pp)

60 mins

**CLARITY Enhance**

2-3 hours

In-person and online

Executive development edge  
 Enhanced team resilience  
 Boosted creativity spark

\$3000/up to 10 (\$300 pp)

2 hours

\$5000/up to 20 (\$250 pp)

3 hours

**CLARITY Mastery**

4 short sessions, 4 days

In-person only

Sustainable daily practice  
 Unshakable mental clarity  
 Lifelong performance edge

POA - customised per client

Session 1 (1 hour)

Session 2 & 3 (2 hours)

Session 4 (1.5 hours)

\*All-inclusive indicative pricing (travel + setup).

\*Investment and timing tailored to your organisation's size, budget and need.

\*Contact for custom quote.

Some of our workplace wellness clients:



CLARITY

Clear Mind. Optimal Results

## Contact Us

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