

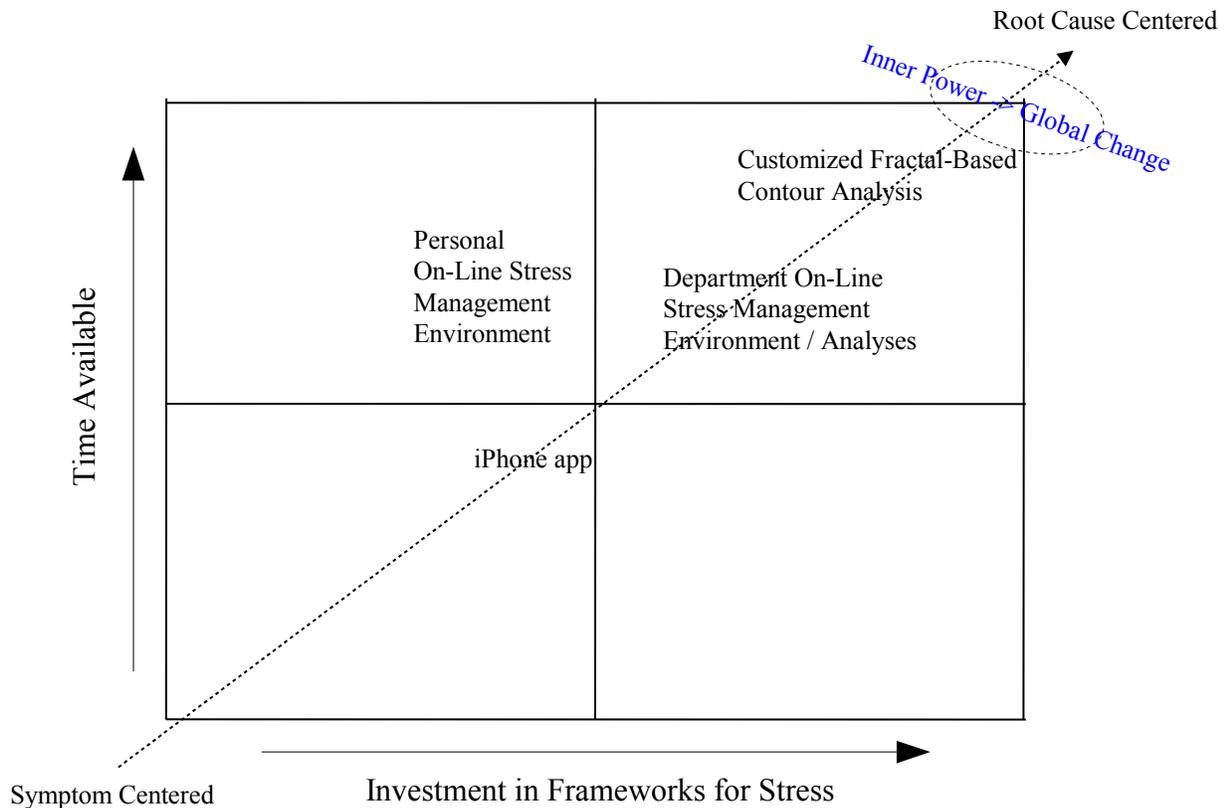
Total Stress Management Program

Aurosoorya

Current global and market conditions can be an added source for stress often increasing organizational uncertainty on several fronts. Aurosoorya has developed a complete stress management program to help organizations during such times. The stress management program comprises of the following components that can be used independently or in unison to address specific organizational concerns:

1. On-line Stress Management Environment that can be used on an on-going basis to relieve individual stress at work, at home, or while on the road
2. Stress Management iPhone application
3. On-line Stress Management Environment that can be used by departments, groups, and project teams to increase probability of achieving intended ROI through better management of team/group stress
4. Customized fractal-based contour analysis to understand and modify key contours of stress across the organization

These components vary by two key dimensions. First, is the time available to a participant to engage in a Stress Reduction component. Second, is the investment that a participant may want to make in a stress reduction framework in general.



1. On-line Stress Management Environment for Individuals

Aurosoorya provides a comprehensive and easy-to-use web-based stress management system designed to minimize individual stress through a few minutes of regular use daily. The system encourages awareness building, identification, and reduction of common types of stress ranging from inertia to anger to anxiety. The system allows users to capture events that may have sparked stress, perform various analyses, and watch trends.



2. Stress Management iPhone App

A more concise version of the web-based system is available as an iPhone Application. Through the tap of a finger a user will have access to an easy to use stress management system designed to minimize individual stress through a few minutes of regular use daily. The system encourages awareness building, identification, and reduction of common types of stress ranging from inertia to anger to anxiety. The system allows users to capture events that may have sparked stress, perform various analyses, and watch trends.



Aurosoorya has found that use of these tools has a wide range of benefits. The include:

1. Management of physical, emotional, and mental capacity at the individual level thereby increasing levels of productivity
2. Enhanced interpersonal and team relationships thereby increasing overall organizational effectiveness
3. Surfacing of deeper and more creative possibilities as a result of “moving beyond the noise”
4. Shortening of patterns of resistance and other impediments of change as a result of working through change-phases more consciously and faster
5. Increased Return on Investment in key projects
6. Better execution of strategy

Please contact Aurosoorya for an assessment and design of a total stress management program most suited for your needs.

Contact Information

Pravir Malik

President

Aurosoorya

www.aurosoorya.com

cell: 510-932-5209

