

Employee wellbeing, through an *actor's* training.

Four hours with Neeraj Kabi. Your people learn to use their breath, body, voice and mind the way an actor does. They leave with a practice they can use at their desk, on the worst day of the quarter.

4 HOURS UP TO 20 YOUR OFFICE NEERAJ COACHES IT HIMSELF

Neeraj Kabi

SHIP OF THESEUS • SACRED GAMES
PAATAL LOK • GANDHI FOR SHYAM BENEGAL



WHAT THE FOUR HOURS ARE

In life you are a person. An actor builds a character and leaves it behind. *You get to keep it.*

That is the whole idea. The same training an actor uses to reach a character is a way to reach a higher level of yourself. In Neeraj's words: *"Power is your ability to take yourself to your highest version."* It is not theatre games. It is the real exercises, done as a group, everyone at once, nobody put on the spot.

FOUR INSTRUMENTS. WHAT EACH ONE TEACHES YOUR PEOPLE

01

Breath

Breath makes the body. Breath makes the emotion.

Walking on a count, fast and slow, breath taken up and down on demand. Then: recall an argument from the last three days and watch what your breath did.

For wellbeing: they notice the breath before they reply. They can check it any time, at any desk.

02

Body

The body makes the breath.

Body moving at a five while the breath stays at a two. Both dials in your own hands. Floor work, animal work, and a stance from Kalaripayattu that strengthens the back.

For wellbeing: a body that can work hard without panic, and a spine that still holds them up at 7 pm.

03

Voice

The voice is carried by the breath.

Breath on a 25-by-4 count, used to throw the voice across the room. The voice exercised for expression, not volume.

For wellbeing: saying the hard thing with a steady voice, without strain, without the shake.

04

Mind

An emotion is a dial, not a switch.

Anger played at a three, then at a four. How the parts of the brain respond. And one closing idea the whole room takes home.

For wellbeing: they set the emotion instead of being run by it, and stop adding a story to what happened.

FOR THE ORGANISATION

Your people are stretched. Talks on resilience fade by Wednesday.

Long hours, time zones, deadlines set elsewhere. A wellbeing hour gives them calm until the next escalation. This gives them something they carry in their own body.

- A team that responds instead of reacting.
- A practice people can use at their desk, with no app and no follow-up course.
- Up to 20 at a time, so Neeraj works with every single person.

"If you're in a workspace which doesn't give you time to eat your food on time, or it is 12 hours of work in a day, your system is equipped to deal with it. You can deal with that stress."

NEERAJ KABI, ON WHAT THE WORKSHOP PREPARES PEOPLE FOR



WHY NEERAJ KABI

A working actor, not a trainer. These are the exercises he uses to build his own roles. He stopped running "fun" corporate workshops because they faded in three days. His rule for this one: *"After I leave, they should live with me."* Corporate rooms since 1996: TCS, Intel, British Gas.

The one line seven people wrote down, unprompted:
"See things as they are."

Not calm for an hour. A way of looking that stays. One participant: *"He gave a power tool to deal with life's circumstances."*

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PEOPLE, TWO SESSIONS

9-10

EVERY SCORE OUT OF 10
(15 RESPONSES)

12 / 15

ASKED FOR A LONGER COURSE

7

WROTE "SEE THINGS AS THEY ARE", UNPROMPTED

Next

01 A 30-minute call with Deepankar and Rajul.

02 Lock the date.

03 Scope and PO. We build.