



SNEHA MANDALA

**THOUGHT LEADER,
SPEAKER & CONSULTANT ON**

- **WORK CULTURE**
- **PEAK PERFORMANCE**
- **EMPLOYEE ENGAGEMENT**



**effortless
Work Culture**



**Peak Performing
Teams**



WHAT IS **EFFORTLESS** WORK

and why you need it NOW

- Do you want you & your team to produce great results at work without burning out?
- Do you want high-performing teams while also prioritizing employee well-being?
- ✔ Welcome to Effortless Work: the sustainable solution for peak performance.

In today's rampant 'hustle culture,' long hours and hard work often lead to stress, struggle, and burnout. It's easy to forget that peak performance can be achieved **effortlessly**.

Think back to those moments when you were fully immersed in doing something you love. Time seemed to fly by, you felt energized, and the results flowed effortlessly. That state is known as being in the zone or experiencing a **flowstate**. It's where your best work happens, free from stress and struggle.

What if we spent more time in flow at work?

Research says, **FLOW STATE** can lead up to **5X** increase in productivity and creativity at work



- ✔ INCREASED ENGAGEMENT
- ✔ DECREASED BURNOUT
- ✔ DECREASED TURNOVER

Imagine the impact this could have, not just for you, but for your teams and organization.

[Watch my TEDx Talk](#)

[Watch my Speaker Reel](#)


What Global Leaders Are Saying



★★★★★

Everyone needs to listen closely for the message, don't let it escape you!

Bill Eckstrom, CEO, Eccell Institute and Eccell Sports



★★★★★

Her idea truly hit home; we all need to be reminded to find our flow.

Robin Eletto, ex-CPO, Fanatics Inc.



★★★★★

Several CEOs & Key Leaders expressed life-awareness realizations. A winner!

Chuck Alvey, Chairperson, Vistage



Sneha Mandala

- Speaker-Consultant on Work Culture, & Peak Performance
- TEDx Speaker
- Professional Credentialed Coach
- Senior Leader in Learning & Development, Ex-Engineer

I have flexed and flowed through cities, cultures, and careers. The only thing that keeps me grounded is my mantra that every day should feel effortless.

When I discovered that my best and most inspired work came from being myself and finding flow, I decided to empower employees and leaders to create an effortless work culture.

This culture helps find the sweet spot between high performing teams and employee well-being.

Who I Work With

- 01 Mid-Level Management** looking to improve team engagement
- 02 C-Suite and Sr. Leaders** wanting to transform their work culture
- 03 HR Leaders** aiming to increase retention and engagement

What I Promise

- 01 Research backed strategies**
- 02 Interactive & energizing experience**
- 03 Action-oriented, zero-fluff content**



my mission is to make work feel effortless for employees across the globe





PROGRAM SUITE 2023



KEYNOTE (30 - 45 MIN)

How to Make Work Feel More Effortless

FOR ALL
EMPLOYEES

- Self-reflect on your level of happiness and engagement at work, by identifying triggers that may be causing toxic stress and leading to burnout.
- Explore the neuroscience behind the flow state and its positive impact on both performance and work-life balance.
- Create a 2-step plan to advocate for conditions that allow you to experience more time in a 'flow state' at work, paving the way for a sustainable and successful career path.



WORKSHOP (2 - 3 HRS)

The Effortless Future of Work

FOR UPTO 15
LEADERS

- Identify the root causes of employee disengagement, low productivity, and unhappiness.
- Shift away from the "hustle culture" and embrace the research-backed approach of fostering a "flow state" for your employees.
- Develop a simple 2-step framework to cultivate and maintain an effortless state at work, transforming your team into a cohesive and engaged powerhouse.

CONSULTATION

**FOR BUSINESS
AND HR LEADERS**

3

Elevate Your WORK CULTURE

PREMIUM
12 Months

Everything in the Foundations & Advanced packages PLUS the following.

1. Execute an in-depth and research-backed plan utilizing the people-service-profit chain approach, encompassing four essential steps:
 - a. Discover the current state to assess existing culture.
 - b. Define the ideal state by establishing clear cultural values.
 - c. Deploy cultural change strategies to initiate and drive transformation.
 - d. Dominate the shift through comprehensive behavioral training.
2. Monitor progress, fine-tune strategies, and provide ongoing support to ensure lasting and impactful change.

Includes a keynote for all employees, a workshop for up to 15 leaders, and a 6-week one-on-one coaching program for up to 5 leaders.

2

Enhance Your TEAM RESULTS

ADVANCED
6 Months

Everything in the Foundations package PLUS the following.

1. Define customized solutions for department-specific needs to optimize productivity by removing distractions and streamlining processes.
2. Implement proven Lean management methodologies to optimize systems and human capital for maximum efficiency.
3. Provide personalized guidance to empower employees in effectively leveraging their strengths.

Includes a keynote for all employees and a workshop for up to 15 leaders.

1

Boost Your EMPLOYEE ENGAGEMENT

FOUNDATIONS
3 Months

1. Conduct thorough assessments to gather insights on employee happiness and engagement and their impact on productivity and turnover.
2. Analyze data to identify actionable opportunities, considering unique organizational situations like remote work, layoffs, and work overload.
3. Drive targeted interventions and organizational improvements to enhance employee engagement.

Includes a keynote for all employees.

**FOR KEYNOTES, WORKSHOPS, OR
CONSULTING, CONTACT :**

<https://snehamandala.com/contact/>

+1 (312) 566 3112

Sneha@SnehaMandala.com



TED Reno
x = independent organized TED event