

Workshop 8

Diet and exercise in today's corporate life.

ADDRESS by Ms Nandita Naik

In her session, Ms. Nandita Naik, a yoga freelancer and founder of Rebootlife, emphasised the importance of managing personal health and stress in the corporate world. She highlighted that neglecting health and fitness can hinder achieving goals and lead to early retirement, depression, and self-doubt among renowned individuals. Ms. Naik advised viewing the corporate journey as a marathon rather than a sprint. She discussed various sources of frustration and pressure, such as heartbreaks, financial difficulties, societal pressure, regrets, and addictions.

She posed thought-provoking questions about whether we have been taught to cope with these challenges and addressed the high-stress levels many individuals face. Ms. Naik explained how stress affects personal life, leading to overreactions, poor decision-making, and strained relationships with loved ones. She defined stress as the mind running faster than the body and identified causes such as workplace politics, communication issues, company culture, deadlines, and self-performance.

To mitigate stress, Ms. Naik provided helpful suggestions, including observation, focusing on single tasks instead of multitasking, taking breaks and focusing on the breath, cultivating mindfulness and awareness, making decisions based on rational thinking rather than emotions, and recognising the importance of pausing in business communication. She concluded the session by emphasising the significance of proper breathing. Overall, the session provided valuable insights and encouraged participants to address stress and prioritise personal well-being in the corporate world.

