

Inshaa Arora Wellness

Corporate Wellness Profile – Holistic Health Coaching for Individuals & Organisations



About Inshaa Arora

Inshaa Arora is a Holistic Health Coach and the founder of Inshaa Arora Wellness, a practice dedicated to helping individuals understand their bodies better and build sustainable health habits.

With a science-backed yet deeply practical approach, Inshaa works at the intersection of nutrition, lifestyle, emotional well-being, and metabolic health. Her sessions focus on simplifying wellness so that individuals can make meaningful changes in their everyday lives.

Over the years, she has worked with individuals and corporate teams to address challenges such as low energy, stress, hormonal imbalance, weight management, and lifestyle-related health concerns.

- 📄 Her workshops are designed to be interactive, relatable, and practical, ensuring participants leave with clear insights and actionable tools they can implement immediately.



Corporate Wellness Sessions

Inshaa conducts engaging and informative wellness sessions for organisations, designed to support employee health, productivity, and overall well-being.

Sessions can be conducted in person or virtually and can be tailored for:

Women-Only Groups

Focused sessions addressing women's unique health and wellness needs in the workplace.

Mixed Groups

Sessions for mixed groups of men and women, covering shared lifestyle and wellness topics.

Couples & Family-Inclusive

Couples or family-inclusive sessions where spouses may join remotely.

These sessions encourage participants to better understand their bodies and adopt simple lifestyle changes that improve both personal health and professional performance.



HEALTHY SNACKING OPTIONS
NUTS & SEEDS - ALMONDS, WALNUTS,
CASHEWNUITS, FLAXSEEDS, PUMPKIN SEEDS,
CHIA SEEDS



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Popular Session Topics

1

Strong, Not Just Slim

Understanding the difference between weight loss and true health, and why strength, metabolism, and resilience matter more than numbers on a scale.

2

The Energy Reset

Why so many people feel constantly tired today and how simple changes in lifestyle, sleep, and nutrition can naturally restore energy.

3

Food, Mood & Focus

How everyday food choices influence mental clarity, productivity, mood, and long-term health.



1

The Stress–Hormone Connection

Understanding how chronic stress impacts hormones, sleep, metabolism, and overall well-being.

2

Women’s Health Simplified

A practical session covering hormonal health, metabolism, and sustainable wellness for women.

3

Wellness for the Whole Family

Simple lifestyle practices that help families build healthier routines together.



Session Format

Corporate wellness sessions are designed to be interactive and engaging, and typically include:



Structured Presentation

A well-organised presentation covering the session topic in depth.



Practical Lifestyle Insights

Actionable insights grounded in everyday lifestyle choices.



Real-Life Examples & Case Studies

Relatable examples and case studies drawn from real experiences.



Q&A Interaction

Open Q&A interaction with participants to address individual questions.



Actionable Takeaways

Actionable takeaways participants can implement immediately after the session.



Corporate & Institutional Experience

Inshaa Arora Wellness has delivered impactful wellness sessions and programs for diverse teams across multiple prominent organizations, helping them foster healthier and more productive work environments.



The Times of India



WeWork



Femina



TIAA



Qfix



Cactus Communications



BookMyShow



McCoy Pharma



Mitoch Pharma



Zigme



Zoff Foods



Kalki Fashion



Dental Digital House



StartUp MD



ESmart Marketing



PAN IT Consulting

Our tailored programs help organisations cultivate a culture of well-being, leading to increased employee engagement and reduced stress.



About Inshaa Arora Wellness

Inshaa Arora Wellness focuses on helping individuals build sustainable health habits through a balanced approach to nutrition, lifestyle, and mindset.

The goal is not quick fixes, but empowering individuals to understand their bodies and make informed choices that support long-term well-being.




Contact

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