



# SNEHA MANDALA

**SPEAKER-CONSULTANT ON**

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



**effortless**  
**Work Culture**



**Peak Performing  
Teams**



## THE **EFFORTLESS** FUTURE OF WORK How To Reduce Burnout & Engineer Peak Performance In Your Employees

(Available as a **Keynote / Workshop**)

Most organizations' leaders believe more hours produce better results. But studies show the opposite: hustle culture can cause burnout and reduce productivity). What if struggle, hard work, and burnout aren't the answers to great results in the long run?

This fun and energizing keynote/workshop content discusses two factors that reduce burnout in your employees and create the best conditions for them to get into a 'flow state'.

According to global research (Flow Genome Project), flow states lead to peak performance. Peak-performing employees help build peak-performing teams, allowing your organization to produce better results, faster.

### Learning Outcomes

1. **Explore the problem:** Identify the root causes of why employees are not as engaged, productive, and happy as they should be.
2. **Empower your employees:** Change the way you get results from your team by getting rid of the "hustle culture" and instead enabling a "flow state" for your employees.
3. **Elevate your leadership:** Develop a 2-step framework to create and sustain an effortless state at work so your team can go from a bunch of disconnected individuals to an engaged powerhouse!

Watch my TEDx Talk

Watch my Workshop Clips



### Sneha Mandala

- Speaker-Consultant on Work Culture, & Peak Performance
- TEDx Speaker
- Professional Credentialed Coach
- Senior Professional 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 made it my mission to empower leaders to create an effortless work culture.

This is where employees can make their work feel more effortless and therefore achieve their peak performance.

## What Global Leaders Are Saying

"Everyone needs to listen closely for the message, don't let it escape you!"  
Bill Eckstrom, CEO, Ecsell Institute and Ecsell Sports

"Her idea truly hit home; we all need to be reminded to find our flow."  
Robin Eletto, ex-CPO, Fanatics Inc.

"In the end, several CEOs & Key Leaders from my groups expressed life-awareness realizations. A winner!" Chuck Alvey, Chairperson, Vistage



## FOR KEYNOTES AND WORKSHOPS, OR CONSULTING, CONTACT :

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