



Skylit Ayurveda

Corporate Energy Intelligence™

Ayurvedic Nervous System & Stress
Regulation for the Modern Workplace

15+ years experience in Ayurveda, therapy & education
Expertise in **nervous system regulation & stress management**
Delivers **clinical, educational & corporate programs**

Our Mission

To apply science of Ayurveda in a modern and practical way. Empowering people to understand and learn how to support their own health.

Our System

Regulation, Restoration & Recovery
We support the systems behind your energy, stress, recovery and long-term health.
(Nervous system, Digestion, Sleep, Stress, Emotional balance etc)

Our Difference

We make it make sense.
Our work is structured, grounded and professional - but always human.
Simple, clear, applicable results you can feel.



The Corporate Problem

- Burnout is rising
 - Chronic stress is normalized
 - Focus is fragmented
 - High performers are exhausted
-
- 77% of employees report feeling stressed daily
 - Overwork costs North American companies **\$300 billion annually**
 - Burnout reduces productivity by **up to 40%**
 - Mental health challenges cause **60% of absenteeism**



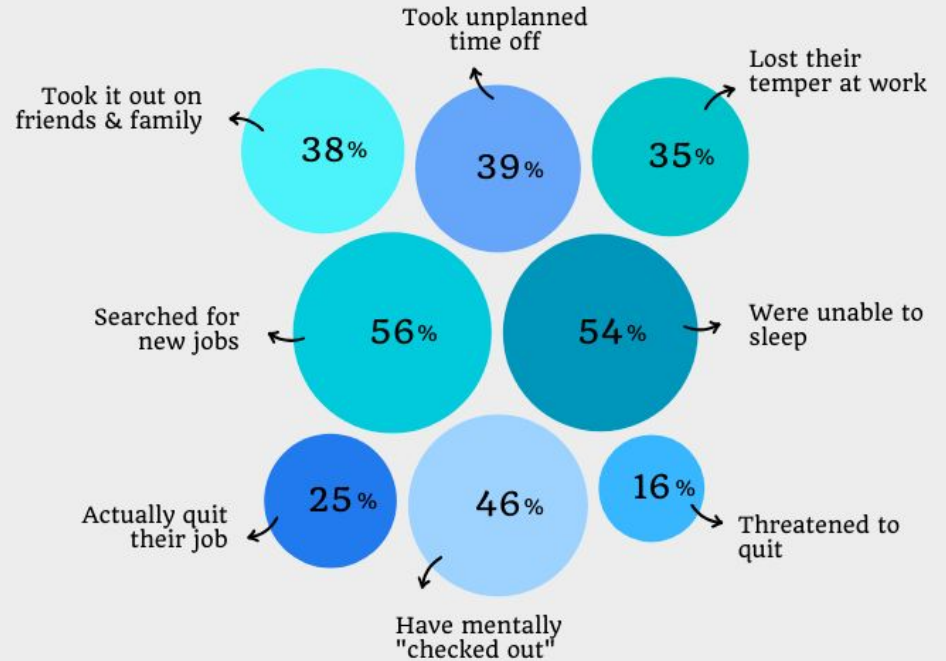
Stress is not a motivation issue.
It is a nervous system regulation issue.

Average Salary = \$70K

5 sick days = \$1,350 per employee

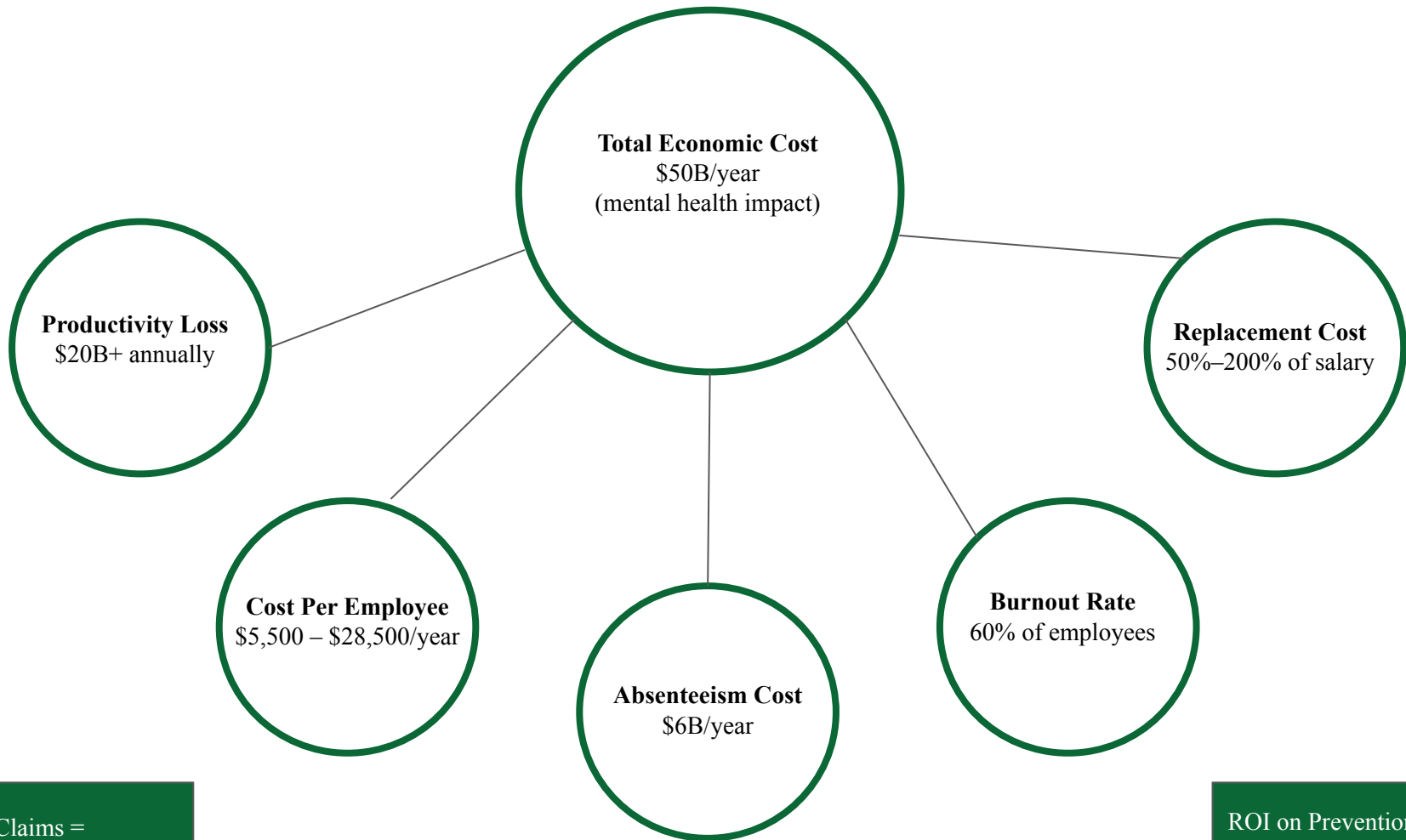
100 employees = \$135,000/year

HOW WORKPLACE STRESS AFFECTS WORKERS



Data Source: Deloitte's Global 2022
Gen Z and Millennial Survey

SelectSoftware
REVIEWS



Disability Claims =
70% mental health related

ROI on Prevention =
\$2–\$4 per \$1 invested

ROI & Financial Justification

Why This Is a Strategic Investment — Not a Wellness Expense



Leadership ROI

Executives operating in dysregulation:

- Make reactive decisions
- Experience cognitive fatigue
- Impact culture through stress modeling

Training leadership in regulation:

- Improves clarity
- Strengthens presence
- Reduces escalation cycles
- Improves team morale

Leadership stability cascades downward

Why Your Team Needs This Now

React to burnout after it destroys performance

OR

Prevent burnout by strengthening the nervous system



One costs money

One creates result:





The Gap in Current Wellness Models - The Missing Link

Key Message:

Support exists. Education does not.

Why Current Wellness Strategies Aren't Enough Most corporate wellness programs focus on

- Fitness incentives
- Meditation apps
- Mental health support access
- Reactive EAP interventions
- Sporadic Workshops

What's missing:

- Nervous system literacy
- Real-time regulation tools
- Energy management training
- Preventive burnout education



Corporate Energy Intelligence™ shifts organizations from burnout management → performance sustainability.

Skylit Corporate Energy Intelligence™

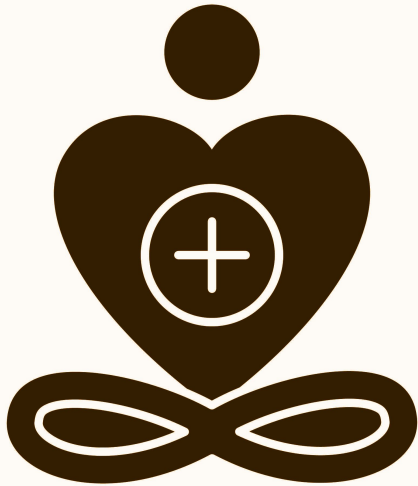
What Is the CEI Program?

The Corporate Energy Intelligence program is:

A structured performance framework that teaches employees:

- How stress affects the their nervous system
- How energy fluctuations impact focus & their productivity
- How to regulate physiology in real-time
- How to prevent burnout before escalation

The CEI Framework



Nervous System Awareness
Recognizing stress patterns & triggers



Real-Time Regulation
Breathing & micro-reset protocols



Energy Rhythm Optimization
Matching cognitive tasks to energy cycles



Burnout Mapping
Identifying early depletion markers



Preventive Recovery Strategy
Sleep, digestion, hormonal rhythm integration

This is not therapy. This is performance physiology training.

Most organizations try to improve performance by focusing on skills, tools, or processes.

But performance is actually driven by something more fundamental —

how each individual processes stress, energy, and cognitive demand.

What we've identified is that employees don't all respond to pressure the same way.

They operate in predictable patterns.

And if we understand those patterns, we can improve performance, reduce burnout, and stabilize teams.

We use a structured framework called The Operating Styles.

This is not personality theory — it's performance behavior under stress and workload.

Every employee tends to operate in one dominant pattern, with a secondary influence.



The 4 Operating Styles of Workforce Performance

The Catalyst

- High output, fast decision-makers.
- They drive execution and results.

Under stress, they overheat — impatience, control, burnout risk.

The Stabilizer

- Reliable, consistent, the backbone of teams.
- They create stability and continuity.

Under stress, they slow down — disengagement, low motivation.

The Visionary

- Fast thinkers, creative, adaptable.
- They bring innovation and problem-solving.

Under stress, they scatter — anxiety, lack of focus, inconsistency.

The Integrator

- Balanced, adaptable, strong team connectors.
- Often natural leaders.

Under stress, they absorb too much — overload without showing it

The 4 Operating Styles of Workforce Performance

What makes this system effective is personalization.

Each operating style requires different strategies.

For example:

- High-output individuals need decompression and pacing
- Fast thinkers need structure and focus containment
- Steady performers need activation and momentum

This is why employees actually use the system — because it feels relevant to how they work.

This gives organizations a practical language to understand behavior — not just personality, but performance under pressure.

This is not about changing personalities.

It's about improving how people function under pressure

These are not abstract ideas — they are real tools employees use during the workday:

- Between meetings
- During pressure
- In decision-making moments

We don't give generic advice.

We match strategies to how each person actually operates.



The Program Structure

Corporate Energy Intelligence™ Program (12 weeks)

Delivery options:

- Company-wide cohort (recommended)
- Department cohort
- Leadership-only cohort
- High-pressure roles cohort (sales, execs, customer escalation teams)

Each cohort includes:

- Assessment + personal report
- Weekly training (45–60 min)
- Weekly micro-practice (10–12 min/day)
- Manager playbook (so it sticks)
- Measurement checkpoints



From Insight to Measurable Data

To make this actionable, we use a structured diagnostic system — not just a concept.

This identifies how each employee naturally operates and how they respond under stress.

This is important because it gives organizations something they can actually track and improve over time

This simple index that measures how well someone is currently functioning across:

- Stress load
- Focus
- Emotional stability
- Recovery
- Sleep and energy

Contact us to set up a meeting:
info@skylitayurveda.com | 514.242.3545