



LAUGH. BREATHE. REPEAT.

THEATRE & LAUGHTER FOR WORKPLACE WELL-BEING





WHY NOW?



Mental health issues cost Indian employers an estimated USD 14 billion annually due to absenteeism and reduced productivity.
~ (Deloitte, 2022)

Why Theatre Tools?

- Encourages emotional release and active listening—critical for supportive work cultures.
- Transforms abstract well-being concepts into embodied, memorable experiences.

PROGRAM OVERVIEW



Experiential. Theatrical.
Guided



60min – 90 mins



30–100 Participants



Relaxing



Key Objectives

- Learn to **identify, express, and release stress**
- **Strengthen** focus, adaptability, and confidence
- **On-Desk Wellness Routines**





PROGRAM DESIGN

Program Flow

Setting the Stage

- Warm-up and trust-building exercises.
- Brief discussion on mental health at work, psychological safety, and the role of play.

Theatrical Well-Being Labs

- Theatre-based games for stress release, breathing & mindfulness activities, role-play scenarios for empathy-building.
- Activities like "Emotion Switch," "Yes-And," and "Role Reversal" linked directly to workplace well-being situations.

Reflection & Integration

- Guided group reflection on emotional takeaways.
- Individual action mapping for daily workplace application.
- Closing energizer and celebration.

**01****Setting the Stage****02****Theatrical
Well-Being Labs****03****Reflection &
Integration**



ABOUT THE FACILITATOR



Yogesh Baldotra

- 12+ years in L&D Leadership (Cognizant, TCS)
- 8+ years in Theatre-based Training
- 5,000+ professionals trained
- 300+ workshops delivered
- 100+ corporate theatre events produced

By integrating **Theatre, Psychology, and Professional Learning Design**, Yogesh delivers interventions that inspire lasting change at both the **individual and organizational level**.

Founder – Fireweavers Corporate Kalakar
NLP Master Practitioner
PMI-PMP® Certified
Corporate Theatre Expert
HB Studios, New York | NYFA, Miami

TANGLIBLE TAKEAWAYS

01 Customized Event
Summary Report
(pdf)

02 Pre-Event Teaser
Campaign
(2-3 Creatives)

03 Post-Event
Highlight Video
(2-3 mins)

04 Photo Deck of
the Session





CORPORATE KALAKAR

2025



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