MENTORING

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SERVICE HANDBOOK



Soul Diets Foundation

INTRODUCTION

Welcome to Soul Diets Foundation, redefining modern leadership. In today's competitive world, traditional skills fall short. We specialize in mindfulness-based leadership training, focusing on emotional intelligence, empathy, and effective communication. Our programs empower individuals to navigate complexities with grace, fostering self-awareness, emotional regulation, and vital interpersonal skills. Join us to shape tomorrow's leaders today.



COMPANY BACKGROUND



Established in 2019 and formalized as Soul Diets Foundation in 2021, we are pioneers in Mindfulness, Leadership, and Soft Skills training. Accredited to transform corporate offices and we've positively impacted institutes, countless lives and businesses. At Soul Diets Foundation, we harness the synergy of both brain hemispheres, offering transformative learning experiences. Our dedicated team of passionate trainers

nurtures emotional intelligence, fosters empathetic leadership, and refines essential soft skills. Whether you seek personal growth or exceptional team performance, we are here to help you unlock your full potential. Join us on the journey to mindful leadership and unparalleled success.



ABOUT THE FOUNDER



Dimple Mehta Founder, Soul Diets Foundation

Dimple Mehta, Founder of Soul Diets Foundation, is an Author, Mindfulness-based Leadership Coach, and Human Skills Trainer. She elevates organizations by

fostering employee engagement and customer relations, cultivating creativity, empathy, and resilience. Working with esteemed clients like Yes Bank, Bajaj Allianz, Panasonic, and more, her workshops resonate across India and UAE. Her programs reduce employee stress, fuel innovation, and enhance productivity, leadership, and workplace happiness. Dimple Mehta's impactful sessions drive positive transformations, boost employee well-being, and elevate productivity and leadership dynamics.



Vision

To inspire and empower individuals to lead with purpose, compassion, and wisdom by integrating mindfulness practices into their personal and professional lives.

Mission

We're dedicated to offering top-notch leadership training, blending mindfulness, emotional intelligence, and ethics. Our mission is to transform learning by enhancing self-awareness, empathy, and resilience. We equip leaders with practical tools, fostering innovation, collaboration, and social responsibility. Committed to diversity and inclusion, we create a supportive community of mindful leaders, driving positive change together.

Real Stories, **Real Solutions**



Yes Bank

Objectives Achieved





Differentiate from Competitors Drive Brand Loyalty



Inspire and Motivate



Engage & Capture Attention

"

Give me a challenge and see it vanish If there's one sentence that can summarise dimple professionally, it's this. An individual who doesn't believe in second best,

someone who is constantly evolving by learning and unlearning, investing in knowledge and newer skills. She brings a superb mix of the right qualities a leader of coming times look for. She makes sure the people taking her coaching always stands different and the way she motivates is absolutely astonishing.

> -**Gurleen Singh** Vice President & Cluster Head

Bajaj Allianz

Objectives Achieved





Active Listening Focused Attention



Improved Communication



Cultivated Patience

I was highly impressed with Dimple's content delivery during her training programme with our team. Dimple is highly professional and extremely engaging

during her trainings. My leadership team found the content very relevant and shared practices, quite easy and doable . The Shared examples and case studies were in line with the topic. She is an expert in leadership and soft skills trainings.

> -Sameer Joshi President and Chief Agency Officer



Objectives Achieved



Common Goals



Trust Building



Diverse perspective & Skills

Great workshop with our CtrlS leadership team inclusive of sales Thank you Dimple Mehta for the tools, and marketing. techniques, and mindfulness training to help us be more inclusive, collaborative, and productive both at work and at home.

> -**Royce Thomas** Global Technology Sales Leader



Times **OOH**

Objectives Achieved







Strategic Alignment

Problem-Solving

Team Management



Employee Engagement



We had a great session. It was very, very simple, but very, very effective. I think connecting the basics of what we were taught in school and our breathing and how we miss some of these things in life. It was very, very nicely delivered and very

important. I wish we would do such sessions more often because we still tend to forget.

-**Team** Time of India



Airbnb

Objectives Achieved



Resilience & Adaptability



Clarity & Composure

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Effective Collaboration



Increased Empathy

Dimple excels in bringing out the best in everyone and playing people to their strengths. She was inspiring, encouraging, and engaging, and the training inspired me to approach leadership with greater mindfulness. I have had the privilege to witness how powerful coaching can be. It truly inspires the team's and organization's potential for increased performance. For mentorship and leadership programs that emphasize mindfulness, I fully endorse Team Soul Diets and Dimple Mehta.

- Vivek Arya Finance Director

Signode

Objectives Achieved



SIGNODE

awareness





Resilience



SIGNODE

We at Signode appreciate the session you curated for authentic leadership based on our values and mission. You master the art of experiential learning, instantly connecting magically with the learners, using very relevant day-to-day practical situations. Most importantly the simple yet effective ways and solutions provided yourself is extremely valuable. Thank you so much.

> -Gaurav Maheshwari Managing Director

Multiplier Brand Solutions

Objectives Achieved

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Empathy

Decisionm<mark>aking</mark>

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S	tress

Reduction



listening

Every time I have attended any session of Dimple, one thing that stands out clearly is her passion as a happiness coach & trainer. She is doing a wonderful job by touching those aspects of life which are quite crucial for inner well-being of a person in their personal/professional life. And from the last 3 months during these tough times, her quick videos on parents & children are too meaningful & practical to learn and implement.

> -**Rupinder Singh** Director, Managed Services



Magic Bricks

Objectives Achieved





Enhanced Communication Respect for Diversity



Conflict Resolution



Positive Culture



Superb session. Great experience. Thank you so much for the session Dimple Mehta and The team

-**Team** Magic Bricks





Accor Plus

Objectives Achieved





Selfawareness Emotional regulation



Stress reduction



Life Balance

Dimple excels in bringing out the best in everyone and playing people to their strengths. She was inspiring, encouraging, and engaging, and the training inspired me to approach leadership with greater mindfulness. I have had the privilege to witness how powerful coaching can be. It truly inspires the team's and organization's potential for increased performance. For mentorship and leadership programs that emphasize mindfulness, I fully

endorse Team Soul Diets and Dimple Mehta.

-Prashanth Kumar Vice President South Asia

IMA

Objectives Achieved





Acceptance & Non-Judgment

Reduced Rumination



Improved Self-Esteem



Better Time Management

On behalf of the participants and team IMA, I would like to thank you for such an enriching session – got a scientific perspective on mindfulness as well as learnt the tools and techniques to be mindful on a day-to-day basis.

-**Anuj Arora** Executive Advisor

Stryker

Objectives Achieved



Reputation Enhancement Flexibility & Autonomy

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Scalability



Brand Building

Delighted to express my heartfelt appreciation to Soul Diets Foundation and Dimple Mehta for conducting an exceptional mindfulness workshop for our team. The session was an immersive experience, guiding us through the transformative power

of mindfulness in both our personal and professional lives. the session brought a unique blend of wisdom, practical insights, and interactive exercises that left a lasting impact on our team. A big thank you to Soul Diets Foundation team for their dedication to fostering mindfulness, resilience, and positivity.

-**Team** Stryker

Corporates We Engage With

VES BANK



Xmultiplier magicbricks



CtrlS



stryker



TIMES OOH

Insight beyond information





Our **Services**



Soul Diets Foundation works with all levels in the corporate ecosystem to promote employee engagement and customer relations while making the employees creative, empathetic, and resilient. We tend to maintain the mental wellness of the people which reflects high performance, eventually strengthening the company's Well-being.



Our CSR Initiative









Our CSR initiatives empower teachers through targeted training and mentorship, enhancing their skills and leadership abilities. From innovative teaching methods to technology integration, we foster continuous improvement. Through mentorship and collaborative projects, educators step into leadership roles, promoting a culture of knowledge-sharing and growth.











