

HE'S BACK BY POPULAR DEMAND!

Manny Anchan returns to Sri Lanka from **8th to 12th June** for exclusive sessions. Limited slots, don't miss out!



HAPPINESS SAMURAI WITH MANNY ANCHAN

A program to reset, recharge, and boost performance. Explore emotional, mental, financial, and physical wellbeing with practical tools for stress, resilience, and mindfulness—perfect for leaders, teams, and client-facing professionals alike.

Secure an exclusive session for your team at **LKR 500,000** – up to 40 participants.

*Bookings accepted on a first-come, first-served basis

Guest fitness session by Parvej Mantrri



A certified fitness mindset coach with experience delivering 90+ motivational sessions in elite corporate environments.

Key Takeaways

Enhanced Intrinsic Motivation

Holistic development nurtures a positive self-image, aligning personal values with actions and fueling intrinsic motivation.

Increased Employee Productivity

Research suggests that employees who participate in workplace wellness programs tend to be more productive.

Improved Employee Retention

Wellness programs contribute to a positive work environment, fostering employee loyalty and reducing turnover.

Enhanced Employee Engagement

Engaged employees are more committed to their work, leading to improved job satisfaction and performance.

Meet your wellness expert

Manoj Anchan, 'Manny' has worked, studied and lived as a career banker in Asia, Africa, Europe and North America and is truly a global citizen. He has C-suite leadership experience as a career banker. He is also an alumnus of Harvard and Columbia business school.

Manny is a haptech entrepreneur, bestselling author, global motivational speaker, social scientist and happiness maverick.

He studied happiness concepts namely Ikigai from Japan, Hygge from Denmark, Lagom from Sweden, Sisu from Finland and the Gross National Happiness from Bhutan.



Connect with us for further information and bookings

Reach out to check availability, explore options, and secure your preferred slot.

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Venue arrangements can be coordinated by M.AD upon request. (Additional charges may apply.)