



Business Wellness Programs



Emotional Awareness

AT WORKPLACE

www.ebusinesshive.com

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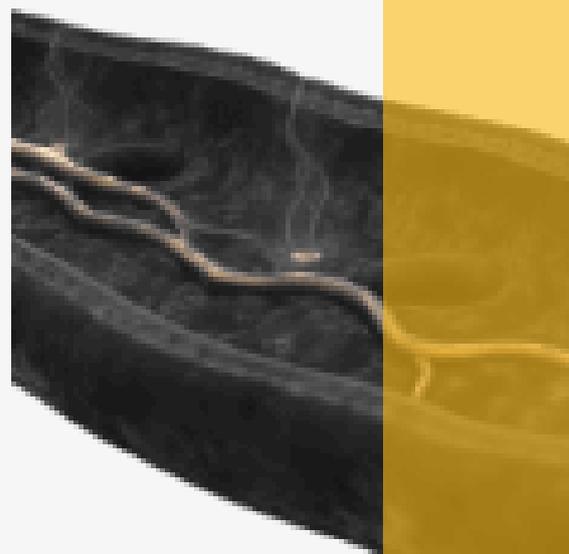
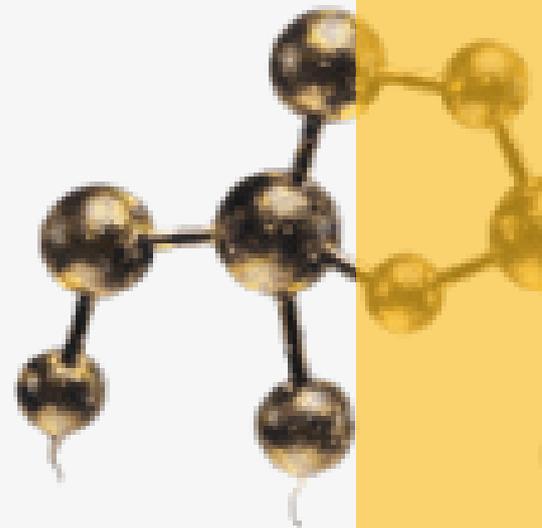
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Executive Summery

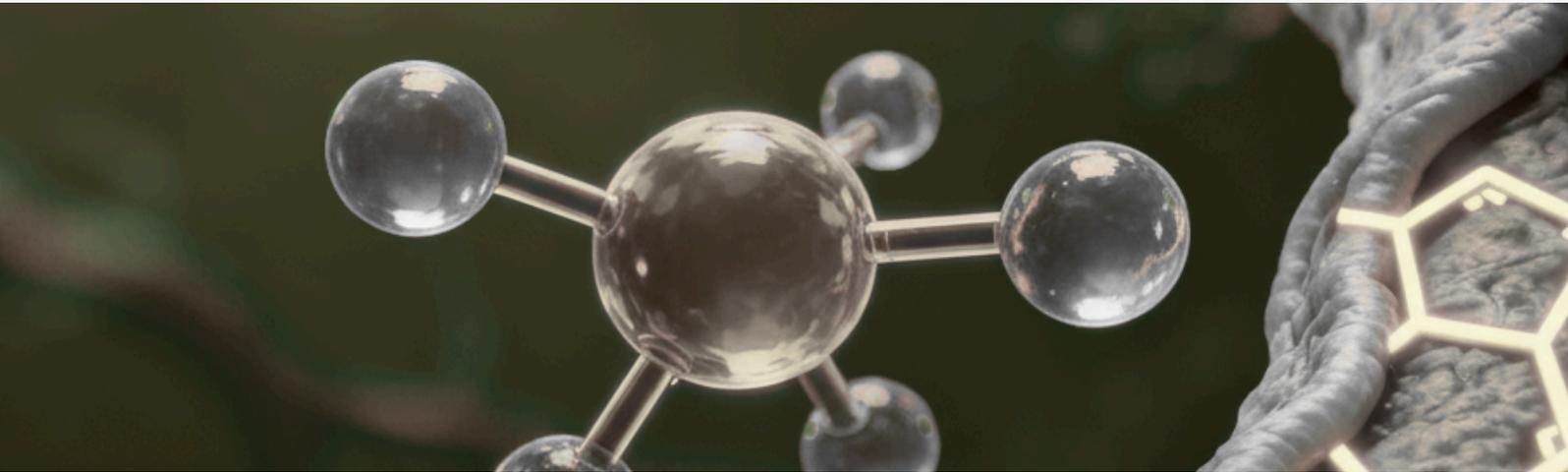
The Opportunity

In today's high-pressure marketing and branding industry, emotional intelligence (EQ) isn't just a soft skill—it's the competitive advantage that separates thriving teams from burned-out ones.

Your team faces unique challenges:

- Declining sales performance impacting revenue and morale
- High employee turnover draining resources and institutional knowledge
- Burnout and stress from fast-paced client demands and creative pressure
- Disconnection and lack of focus in an era of constant digital distraction

The solution isn't working harder—it's working with greater awareness, emotional mastery, and mindful presence.



Aware

Develop self-awareness, emotional intelligence, and mindful presence to understand yourself, your emotions, and your impact.

"Know yourself to lead yourself."



Balance

Create sustainable harmony between work and life, ambition and wellbeing, success and fulfillment.

"Thrive without burnout."



Transformation

Turn awareness and balance into measurable impact—transforming performance, culture, and sustainable business success.

"From conscious individuals to thriving organizations."



Overview

A comprehensive Emotional Intelligence & Workplace Wellness Training Program designed to Empower Employees & Managers for Excellence, focusing on:

✓ Emotional Awareness & Regulation - Understanding and managing emotions under pressure

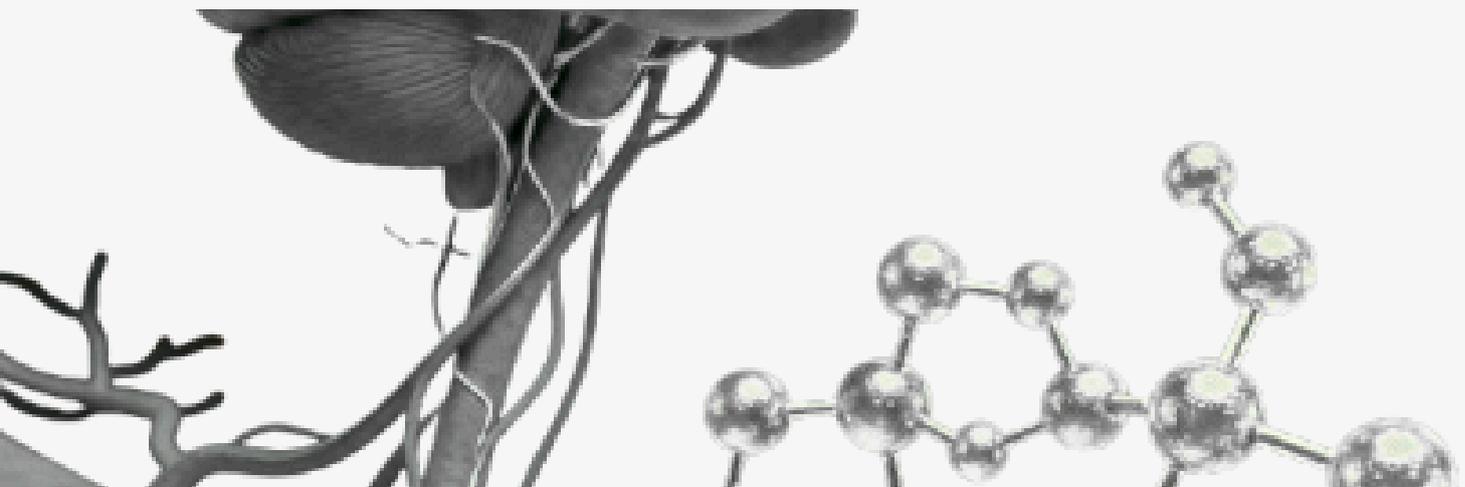
✓ Mindful Presence & Focus - Deep work techniques to enhance productivity

✓ Stress Management - Practical tools to prevent burnout and sustain performance

✓ Team Dynamics & Communication - Building psychologically safe, high-performing cultures

✓ Sustainable Productivity - Achieving results without exhaustion

Result: Higher performance, lower turnover, healthier teams, and sustainable growth.



Who we are ...

e-business hive is a business development and training consultancy with 20+ years of expertise across Egypt, the Gulf, and Europe. We specialize in Business Wellness Programs, Corporate Training (emotional intelligence, leadership), Business Development (branding, strategy), and Women's Leadership Empowerment (Bloomia)—helping organizations achieve sustainable growth through awareness and balance.

Our Transformation Story

For years, we focused on traditional consulting—deliverables, revenue, results. Then 2020 changed everything. COVID-19, business collapse, and personal loss triggered a profound awakening: Success measured only in numbers is hollow. After five years of deep transformation, we returned in 2023 with a new mission—helping organizations achieve exceptional performance through emotional intelligence, balance, and sustainable impact—not burnout.

PHASE 1 (2018-2020):
TRADITIONAL SUCCESS

PHASE 2 (2020-2023): THE
TRANSFORMATION

PHASE 3 (2023-
PRESENT): THE
NEW BEGINNING




Bloomia
GLOW & GROW

Meet Dr. Asmaa Ghareeb



FOUNDER & LEAD TRAINER
Dr. Asmaa Gharib is Founder & CEO of e-business hive, with a Business Administration degree from Wharton School, University of Pennsylvania, and 20+ years of experience in business development, corporate training, and emotional intelligence across Egypt, the Gulf, and Europe. Recognized by Goldman Sachs 10,000 Women Initiative as a leading global woman entrepreneur, she has trained 1,000+ professionals in leadership, EQ, and Business Wellness. Her transformation from burnout-driven entrepreneur to conscious leader—shaped by COVID-19 crisis and personal loss—gives her authentic insight into modern workplace challenges. Her philosophy: "True success isn't measured by numbers alone, but by fulfillment, balance, and sustainable impact—emotional intelligence is the necessity, not luxury, for lasting success."

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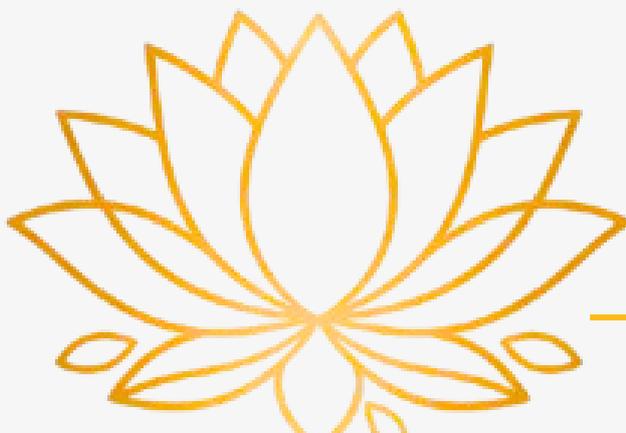
Her Philosophy



"I spent decades chasing success measured only in numbers—revenue, clients, achievements. But after losing everything during COVID-19 and losing my father, I realized: True success is about fulfillment, balance, and sustainable impact. Emotional intelligence and self-awareness aren't luxuries—they're necessities for lasting success."

What she Brings..

-
- Real-world entrepreneurial experience (not just theory)
- Deep understanding of pressure, burnout, and recovery
- Proven frameworks grounded in research and personal transformation
- Authentic, relatable teaching style rooted in lived experience



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THE CHALLENGE:

WHY EMOTIONAL AWARENESS MATTERS NOW

Empowering Employees & Managers for Excellence

our industry is uniquely demanding:



- High-pressure deadlines and client expectations
- Creative burnout from constant ideation and execution
- Digital overwhelm and distraction (social media, emails, notifications)
- Emotional labor of managing client relationships and team dynamics

The Cost of Ignoring Emotional Intelligence:

Declining Sales Performance

-
- Root Cause: Stressed, distracted teams produce lower-quality work, miss opportunities, and struggle with client relationships.
- The EQ Solution: Emotional awareness improves focus, creativity, client empathy, and problem-solving—directly boosting sales performance.
-



High Employee Turnover



- Root Cause: Burnout, lack of psychological safety, poor work-life balance, and feeling undervalued drive talent away.
- The Cost: Replacing an employee costs 50-200% of their annual salary (recruitment, training, lost productivity).
- The EQ Solution: Teams with high emotional intelligence have 15-25% lower turnover, better engagement, and stronger loyalty.

The Problem Facing Empowering Employees & Managers .



Burnout & Stress

Root Cause: Constant pressure without emotional regulation tools leads to exhaustion, cynicism, and reduced effectiveness.
The EQ Solution: Stress management, mindfulness, and emotional regulation prevent burnout and sustain long-term performance.

Lack of Focus & Presence

- Root Cause: Digital distractions and multitasking fragment attention, reducing deep work capacity and creativity.
- The EQ Solution: Mindful presence and focus techniques restore deep work capacity, boosting productivity by 20-40%.



Emotional Intelligence isn't "soft"—it's financially smart.

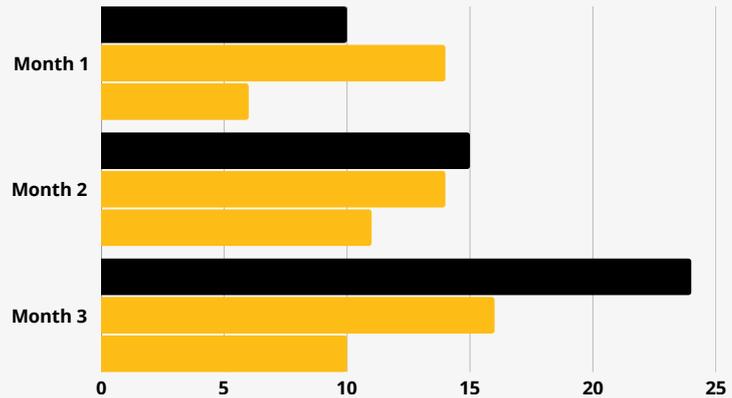
- 85% of career success depends on emotional intelligence and people skills (LinkedIn Study)
- Companies with high EQ cultures achieve 20-40% higher productivity
- Every \$1 invested in wellness returns \$3-\$5 in productivity gains (WHO)

Core Training Modules

FOUNDATION

REGULATION

EMPATHY



Foundations of Emotional Intelligence



Emotional Awareness & Self-Regulation



Mindful Presence & Focus



Stress Management & Burnout Prevention



Empathy & Team Dynamics



Applying EQ to Sales & Client Relationships

Your Investment

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Service	Cost
Essential Program	\$ 500
Professional Program	\$1000
Premium Program	\$ 1500

● Item 1 ● Item 2

● Item 3



We believe in accessible, high-impact training—especially for organizations committed to transformation. As we re-enter the market after our own transformation journey, we're flexible and focused on building long-term partnerships.

WHO THIS PROGRAM IS FOR

This program is designed for:

- ✓ Employees & Managers facing high-pressure client demands
- ✓ Creative Teams experiencing burnout or creative blocks
- ✓ Sales Teams wanting to improve client relationships and conversions
- ✓ Team Leaders & Managers seeking to build healthier, high-performing teams
- ✓ HR & People Operations looking to reduce turnover and improve engagement
- ✓ Anyone feeling stressed, distracted, or burned out at work



PROGRAM METHODOLOGY & STRUCTURE

Our Approach:

- Experiential Learning
- We don't lecture—we facilitate transformation through:
- Self-Assessment - Understanding your current EQ baseline
- Interactive Workshops - Hands-on exercises and real-world scenarios
- Group Discussions - Peer learning and shared experiences
- Reflection Activities - Journaling, self-inquiry, and introspection
- Practical Tools - Take-home worksheets and daily practices
- Progress Tracking - Pre/post assessments to measure growth

Why Employees & Managers Need This

Your industry uniquely benefits from EQ training because:

- Creativity thrives on emotional balance (stress kills creativity)
- Client relationships depend on empathy and emotional intelligence
- Fast-paced environments require stress management to sustain performance
- Collaboration is essential in team-based creative work
- Burnout is epidemic in high-pressure marketing roles

Schedule
is customized

Delivery
Online
Offline
Hybrid

The Promise ...

If you invest in this program, here's what we promise:

- ✓ Your team will gain practical EQ skills they can use immediately
- ✓ You'll see measurable improvements in stress, focus, and productivity
- ✓ Your culture will shift toward greater psychological safety and collaboration
- ✓ You'll reduce turnover and improve employee satisfaction
- ✓ We'll be partners in your success—accessible, responsive, and committed



Training Deliverables

- ✓ Comprehensive EQ Training Program (6 modules, interactive workshops)
- ✓ Pre/Post Assessments (EQ, stress, focus, productivity)
- ✓ Participant Workbooks - Practical worksheets, exercises, and reflection tools
- ✓ Mental Wellness Sheets - Daily practices for emotional regulation and stress management
- ✓ Certificates of Attendance - Professional certificates for all participants
- ✓ Post-Program Report - Data, insights, and recommendations
- ✓ 3-Month Follow-Up - One virtual check-in session to sustain momentum

Deliverables: What You Receive

- ✓ Comprehensive Training Report - Summary of program delivery, participation, and key insights
- ✓ Pre/Post Assessment Results - Data showing measurable improvements in EQ, stress, focus
- ✓ Participant Feedback - Anonymous survey results and testimonials
- ✓ Recommendations Report - Suggested next steps for sustaining impact
- ✓ ROI Analysis - Estimated financial return based on productivity and retention improvements

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is customized

Delivery
Online
Offline
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KPIs

KPIs				
Item	Measurement	target	Due Date	Notes
EQ Score Increase	Pre/post self-... ▾	+15-25% improvement		
Stress Level	PHQ-9, GAD-7... ▾	-20-40%		
Focus & Productivity	SPS-6, WLQ score	+20-30%		
Employee Engagement	Engagement survey	+15-25%		
Turnover Rate	HR data (6-12 months)	-15-25% reduction		
Sales Performance	Revenue data (quarterly)	+10-20%		
Absenteeism	HR data	-10-20%		

- **Schedule** a Discovery Call - Let's discuss your team's specific needs
- **Customize** the Program - Tailor modules, duration, and format to fit your goals
- **Pilot Program Option** - Start with a smaller group to test impact before scaling

Next Steps



Accept the proposal as is

Schedule a Discovery Call - Let's discuss your team's specific needs



Discus desired changes

Customize the Program - Tailor modules, duration, and format to fit your goals



Finalize and sign the contract

Pilot Program Option - Start with a smaller group to test impact before scaling



Let's Transform Together

The future of work isn't about working harder—it's about working with greater awareness, emotional intelligence, and balance.



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Our Clients

