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## Benefits of YOMEI for 21<sup>st</sup> Century Corporate Workforce

Both managers and workers are challenged by a multitude of factors in today's corporate environment. Emotional well-being and resilience to stress are the primary areas of concern for corporate workforce [1]. It is believed that spiritual dimension of a workplace is significant because spiritual components such as emotional well-being and resilience to stress contributes to higher organizational performance [2]. Yoga has a significant positive impact on physical, psychological and emotional well-being of the workforce [1]. Yoga also increases job satisfaction both for workers and managers which is then translated in the higher performance of an organization [2].

Yoga causes a significant increase in Emotional Intelligence of employees and facilitate them in managing workplace challenges [3]. Mindfulness plays an important role in decreasing aggression and enhancing productivity of employees [4]. Mindfulness also causes a significant decline in stress for employees [7]. Yoga and Emotional Intelligence facilitate employees with self-regulation, self-reflection and emotional recognition [3]. YOMEI (Yoga, Mindfulness & Emotional Intelligence) improves self-management of individuals which results in the positive improvement of workplace environment [4]. The aforementioned argument infers at the fact that YOMEI holds a valuable significance for the 21<sup>st</sup> Century Workforce as it is a major driver of enhancing organizational performance.

In the context of leaders and managers, YOMEI is equally significant. Executive efficiency is severely affected by stress, dissatisfaction, frustration and emotional drain. Yoga is

believed to have a significant positive impact on physical, psychological and emotional health of leaders in the corporate workforce which causes a substantial increase in their workplace efficiency [5]. Mindfulness contributes to positive behavioral and psychological changes which cause and increase in concentration and awareness [7]. Mindfulness increases leadership effectiveness among leaders and managers in the contemporary workforce [7]. It is also believed that Emotionally Intelligent leaders and executives have a higher workplace success as compared to others [5].

YOMEI interventions and trainings are highly important in improving managerial performance within organizations [5]. Another study reveals that EI (Emotional Intelligence) interventions brings about a positive organizational change along the lines of increasing performance [6].

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