



TiE Mumbai's Entrepreneur Well-Being Series

Mumbai, 18 February 2021: The pandemic has brought out the need for Founders and Entrepreneurs to concentrate more towards their overall wellbeing. In light of this, TiE Mumbai has started a holistic wellbeing series for Entrepreneurs that teaches them aspects of developing positive physical and mental fitness, anxiety and stress management, understanding body and nutrition, developing a leadership mindset and attitude, etc.

The kickoff webinar in this series was organized last month. This was a conversation with **Shayamal Vallabhjee** who is a high-performance coach to CEOs, Elite Athletes, Organizations and celebrities. This session gave valuable insights on habits to inculcate in daily life, to be mindful about the food we eat, the key elements of human life and the importance of one's personal ecosystem.

The next webinar in this much anticipated series is planned next week which is a conversation with **Manish Behl**- Founder, Mindfulness India Summit & Mindfulness India Centre. To continue this wellbeing series, also planned next month is a webinar with **Dr. Marcus Ranney**, eminent wellness expert. All these webinars are chaired by **Amit Mookim, President TiE Mumbai**.

About TiE Mumbai

The Indus Entrepreneurs (TiE), was founded in 1992 in Silicon Valley by a group of successful entrepreneurs, corporate executives, and senior professionals with roots in the Indus region. Since 1992, TiE has been supporting entrepreneurs by offering education, mentorship, networking and funding opportunities. The mission of TiE is to foster entrepreneurship globally through the 5 pillars of TiE : mentoring, networking and education, funding and incubation. Dedicated to the virtuous cycle of wealth creation and giving back to the community. TiE's focus area is to generate enable the next generation of entrepreneurs. There are currently 11,000 members, including over 2,500 charter members in 60 chapters across 17 countries. TiE's mission is to foster entrepreneurship globally through mentoring, networking, and education. Dedicated to the virtuous cycle of wealth creation and giving back to the community, TiE's focus is on generating and nurturing our next generation of entrepreneurs.

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