

# Employee wellbeing, for the moments that shape the day.

A live Employee Wellbeing Masterclass for HR leaders, People teams and founders who want wellbeing to stay close to real work.

**WEDNESDAY, 7 OCTOBER**  
**3:00-4:00 PM IST**

**LIVE HR CIRCLE**  
**Hosted by Keerti Bohara**  
**Co-founder, Zariyaa**

## THE HR QUESTION

# The meeting ends. The impact does not.

Stress, emotional overload and mental noise can follow a person into the next meeting. They can shape focus, decisions, patience and the conversations that follow. HR Circle puts that ordinary, overlooked moment at the centre of the conversation.

Between Meetings is not another wellbeing programme. It is a practical HR question: what does an employee need before the next decision, interaction or task?

# A simpler way to see the gap.

|    |                              |                                                                                                       |
|----|------------------------------|-------------------------------------------------------------------------------------------------------|
| 01 | <b>Notice the carryover</b>  | See how a difficult interaction can quietly enter the next conversation, decision or customer moment. |
| 02 | <b>Name the gap</b>          | Understand why a good wellness programme can still miss the moment a person needs support most.       |
| 03 | <b>Design for the moment</b> | Leave with a clearer lens for permission, privacy, access and a better return to work.                |

## WHO SHOULD JOIN

HR leaders. People teams. Founders. Managers who shape the day-to-day experience of work.

This is a live conversation for people who know that employee wellbeing is not only what is announced. It is also what a person is able to do with the state they bring into the next hour.

**YOUR HOST**

# Keerti Bohara

Co-founder, Zariyaa · Host, HR Circle

Keerti leads a grounded conversation about people, space and the real workday - without reducing wellbeing to an activity list or a slogan.

**JOIN THE LIVE HR CIRCLE**

# Wednesday, 7 October 2026 3:00-4:00 PM IST

Reserve your place at [thezengarden.in/hr-circle](https://thezengarden.in/hr-circle)  
Joining details arrive by email.