**Wellness Awareness through “Change and Transformation Festival”**

**Yeşim Group organized the second “Change and Transformation Festival” in order to support the physical and mental health of its employees and once again spent the month of May with full of activities.**

**Yeşim Group, considering supporting the holistic well-being of its employees among its corporate priorities, organized the second edition of the “Change and Transformation Festival” last year. Integrating the month of May with activities focused on healthy living, awareness and development, the Group aimed to increase motivation, strengthen team spirit and support its employees’ quality of life while offering them the opportunity to renew both physically and mentally during this special period.**

**The festival covered topics such as emotional intelligence, stress management, hormonal health and the effects of proper breathing on quality of life with the participation of experts in their fields. Expert Psychologist Uğur Kartum talked about the role of emotional intelligence in establishing balanced relationships in both private and business life and its reflections in daily life, while Clinical Psychologist Sibel Fırat Gürsoy shared ways to protect inner strength against challenging life events within the framework of the concept of emotional resilience.**

**In another conversation organized in cooperation with Medicana Bursa Hospital, Endocrinology and Metabolic Diseases Specialist Assoc. Prof. Dr. Pınar Köksal drew attention to the effects of hormone health on quality of life and provided current information on topics such as metabolism, thyroid functions and insulin resistance. Breath Coach Sinem Göz, on the other hand, explained the transformative effects of proper breathing on the body and mind and provided both theoretical and practical information to the participants.**

**This special festival, which Yeşim Group aims to make its employees happier and healthier individuals by raising awareness, offered a valuable development opportunity for Yeşim employees by offering a holistic view of physical and mental health.**

**In addition, within the scope of the festival, a training on “The Importance of Breath for Children” was organized for children in the 6-year-old age group studying at Yeşim Kindergarten.**