

PRIORITIZE & INVEST IN GOOD



Employee Well-being & Mental Wellness

By offering support, employees gain the tools necessary to navigate life's stressors. This also communicates to them, "We are here for you."

ABOUT ME



Recently, Mark graduated from Texas Tech University with a master's degree in Clinical Mental Health Counseling. He is a Licensed Chemical Dependency Counselor and also holds a Licensed Professional Counselor - Associate license.

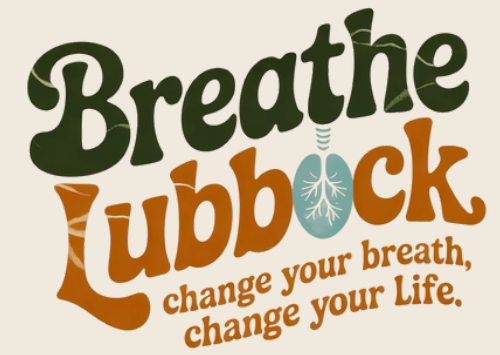
Over the past six years, Mark explored the link between breathwork and mental health. He is trained in various breathing techniques which help manage anxiety, depression, emotions, feelings and addictions.

Call or email for workshop details.

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Breath Workshop for Enterprise Wellness

Employee well-being is a critical component of a thriving enterprise. Stress, burnout, and mental fatigue are common challenges that can significantly affect productivity and morale.



WHY BREATHWORK

The condition of our breath reflects the state of our inner well-being. During periods of stress, our breathing often becomes short and erratic, and we may even find ourselves holding our breath.

Conversely, when our breath flows smoothly and calmly, our perspective on life tends to become clearer.

Engaging in breathwork allows us to actively modify our physiology and restore balance to our nervous system. Supported by scientific research, it has been demonstrated that strengthening our breath can lower blood pressure, improve focus and concentration, and bolster the immune system. This can lead to a reduction in sick days and promote a healthier organizational environment, benefiting employees, enhancing employer branding, and positively impacting financial performance.



WIN - WIN

Employee Benefits

- Stress Reduction
- Mental Clarify
- Increased Focus & Productivity
- Enhanced Creativity & Problem Solving
- Better Team Dynamics
- Increased Energy Levels

Company Benefits

- Reduced Stress & Absenteeism
- Increased Productivity & Performance
- Enhanced Creativity & Innovation
- Improved Employee Retention
- Stronger Team Cohesion
- Positive Company Culture

BREATHWORK RESULTS

- Massive stress relief
- Deep relaxation
- Better digestion
- Sharper focus
- Break free of old patterns/behaviors
- Strengthened immune system
- Better sleep
- Reduced stress, depression, and anxiety
- Relief from physical pain
- Lower Blood Pressure
- Employee Bonding
- Energized Employees
- Morale Booster

*Leaders want to know about the broader value on investment (VOI).
VOI extends beyond ROI
to encompass more holistic advantages like
employee engagement, retention and
job satisfaction.*

