



# 15 MIN DAILY BREATH COACHING CLASS

## Wellness Service Proposal

### The Challenge

Mental ill health in the UK is the single largest cause of disability and its impact on productivity is costing the UK economy in excess of £94bn a year, according to the Organisation for Economic Co-operation and Development (OECD). Employers have a legal duty to protect employees from stress at work, but many employers still struggle to find adequate, easily accessible, cost effective options that really can make a difference.

### The Issue

You can go for weeks without food, days without water, but only a few minutes without breathing. Breathing has such an immediate impact on your mind and body that even the act of inhaling vs. exhaling affects your nervous system differently. It's common to train in diet, exercise and even hydration, but most people forget to train their breath. This is a huge missed opportunity for health-seekers of positive mental wellbeing.

### The Solution

If you want to effectively support the mental health, emotional wellbeing and overall holistic health of your staff and / or colleagues, you really need to be providing regular, consistent, targeted offerings for people to jump in and out of, en mass as needed.

### My Service

"My solution is simple, I offer a 15 minute, online, daily breath coaching class. The live class takes place at 12.30 - 12.45pm, each afternoon, Monday to Friday, with 2 bonus sessions pre recorded for the weekend. All classes are recorded (although no students are shown in the recording). Class links are available for 24 hours, so staff can actually do the class at any time. Or, if they miss a live session, they can catch up if they wish, or simply just jump in on the following session, the next day.. as my 15-minute classes happen every day without fail!"

### How It Works

- Contact me today at [nikki@holisticallyhealthyyou.co.uk](mailto:nikki@holisticallyhealthyyou.co.uk) to sign up your corporation
- Pay a quarterly flat fee for the service
- Receive a registration link to the app to share with your staff / colleagues, for them to access classes
- Staff can attend as many classes as they wish during the paid term
- Renew your subscription ahead of each quarter to continue the service
- Reap the benefits for corporation and staff / colleagues alike