



PLUS LLC

www.PLUSHOLISTIC.com



D.O.O.R

DEPARTMENT OF OPTIMAL REST

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SERVICE PILLARS



DOOR (Department of Optimal Rest) is a service offered by PLUS that helps organizations invest in employee well-being beyond salary and benefits. DOOR blends science, mindfulness, and environment design to create a workplace culture where rest, reflection, and mindful leadership are built into the infrastructure.



***MINDFUL
LEADERSHIP***

***GROUNDING
CHAMBERS***

***WELLNESS
CULTURE***





Mindful Leadership Coaching

- Train executives and managers in mindful communication, emotional intelligence, and presence.
- Develop leadership toolkits for:
 - Managing stress and preventing burnout.
 - Building resilient teams.
 - Leading with compassion and awareness

Grounding Chambers

- On-site rest and recharge facilities, shielded with shungite and copper (for EMF protection and energetic grounding).
- Modeled after the PLUS Pod but scaled for corporate campuses.
- Designed as a “mini-retreat” space: quiet, dark, meditative, restorative.

Wellness Culture Integration

- Ongoing workshops and sessions (breathwork, guided meditation, community engagement, emotional intelligence training).
- Integration into HR policies (e.g., rest breaks, mindful leadership check-ins, recognition programs).





SAY GOODBYE TO EXHAUSTED EMPLOYEES!



VALUE + VISION

Boost productivity, increase retention, reduce burnout, and enhance brand identity through holistic employee care.

OPEN THE DOOR TO HOLISTIC WELL-BEING.



BOOST PRODUCTIVITY

- Rest is not wasted time — it is a performance strategy. Research shows that employees who take restorative breaks are more focused, less prone to mistakes, and more innovative.
- Grounding Chambers and DOOR practices give employees the tools to recharge their nervous system, leading to sharper decision-making and sustained concentration throughout the day.
- With mindful leadership coaching, managers learn to cultivate a culture of calm efficiency, reducing the “firefighting” mentality that drains productivity.



UNIQUE VALUE PROPOSITIONS





INCREASE RETENTION

- In a competitive talent market, benefits beyond salary are what set employers apart. DOOR demonstrates a progressive commitment to employee care, appealing to both Millennials and Gen Z workers who prioritize wellness and culture in career choices.
- A visible investment in holistic well-being signals to employees that they are valued as whole people — not just as workers. This fosters loyalty and strengthens the employer brand.
- Companies that adopt DOOR can highlight these initiatives in recruiting campaigns, making their workplace a magnet for high-caliber talent.



UNIQUE VALUE PROPOSITIONS





REDUCED BURNOUT

- Burnout leads to absenteeism, presenteeism (working while unwell), and costly turnover. DOOR helps intercept burnout early by building rest and recovery into daily operations.
- With reduced stress, employees are less likely to experience chronic illnesses linked to overwork (hypertension, anxiety, depression), lowering long-term healthcare costs.
- Grounding Chambers and tea delivery provide practical alternatives to caffeine and overstimulation, creating healthier day-to-day habits.



UNIQUE VALUE PROPOSITIONS





BRAND IDENTITY

- Companies that adopt DOOR position themselves as pioneers in the future of work — organizations that understand people perform best when they are supported holistically.
- This commitment strengthens reputation not only with employees but also with investors, clients, and the public. Wellness is fast becoming part of ESG (Environmental, Social, Governance) reporting, and DOOR aligns directly with these values.
- Companies that lead with rest and mindful leadership can differentiate themselves in their industry, becoming case studies in workplace transformation and sustainable success.



UNIQUE VALUE PROPOSITIONS





DOOR = ACCESS POINT.

“Every paycheck rewards work. DOOR rewards humanity.” Not just about “self-care,” but organizational care. DOOR can be pitched as part of corporate social responsibility and sustainable workforce development.

Consulting & Assessment

- Workplace well-being audit.
- Recommendations for integrating DOOR services.

Leadership Training

- 6–12 week coaching curriculum.
- Monthly refreshers + on-demand workshops.

Rest Spaces Installation

- Design and build grounding chambers on-site.
- Optional partnership with wellness vendors (massage, mindfulness coaches, sound therapy).

Sustained Engagement

- Subscription model for ongoing workshops, training, and DOOR program updates.
- App integration for scheduling, mindfulness reminders, and progress tracking.



DOOR TIERED PACKAGE MODEL



Accessible Entry Point → companies can start small.

Scalable Investment → packages grow as culture shifts.

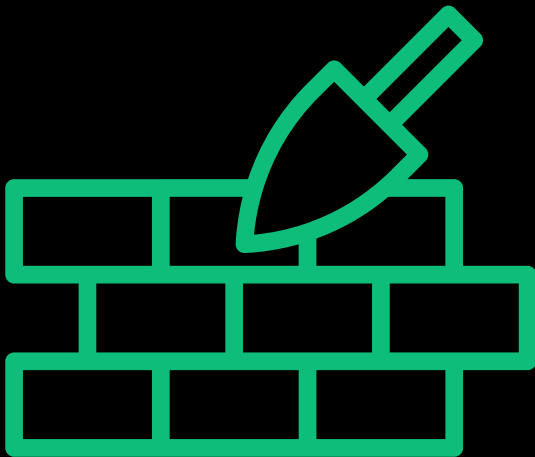
Flexible Add-Ons → tea, chambers, coaching, and workshops can be layered in.





Features	Foundation	Growth	Premium	Enterprise+
Wellness Audit & Culture Survey	✓	✓	✓	✓
Mindful Leadership Coaching (Foundations)	✓	✓	✓	✓
Grounding Pods (1–2)	✓	✓	✓	✓
DOOR App Access	✓	✓	✓	✓
Monthly Usage Reports	✓	✓	✓	✓
Applied Leadership Coaching		✓	✓	✓
Grounding Chamber (Multi-person)		✓	✓	✓
Rest Menu (Meditation, Sound Baths, Breathwork)		✓	✓	✓
Rest Tokens System		✓	✓	✓
Corporate Herbal Tea Delivery		✓	✓	✓
Quarterly Reset Days (Wellness Experts)		✓	✓	✓
Legacy Leadership Coaching (Certification)			✓	✓
Multiple Grounding Chambers			✓	✓
Custom Co-Branded Tea Blend			✓	✓
Remote Employee Care Packages			✓	✓
Bi-annual Culture Audits & ROI Reports			✓	✓
Annual Executive Retreat (DOOR Chambers)			✓	✓
DOOR Lab Research Partnership			✓	✓
Enterprise DOOR Certification				✓
Global DOOR Expansion				✓
Insurance Partnerships				✓
Custom DOOR Data Dashboard				✓
PR/Branding Support (Media, Case Studies)				✓

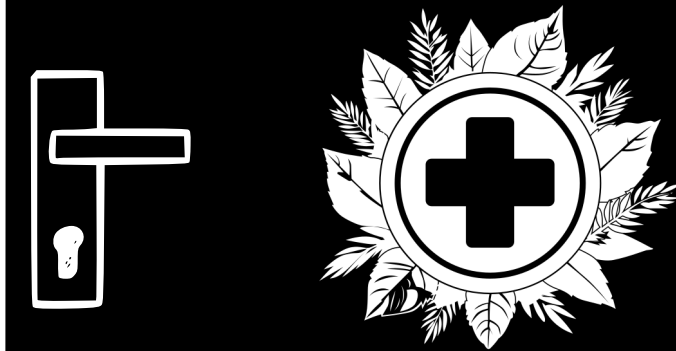
DOOR TIERED PACKAGE CHART





**WE'RE READY TO
BUILD A DOOR
WITHIN YOUR
COMPANY WHEN
YOU ARE!**

DOOR.



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THE FUTURE OF WORK BEGINS WITH WELL-BEING.

REST. RESET. RISE. WITH PLUS.



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