

# Cultivating resilience & wellbeing

## *One Breath supporting Papastratos PMI*

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One Breath Mindfulness Center Founder



one breath  
MINDFULNESS CENTER



ΠΑΠΑΣΤΡΑΤΟΣ  
ΕΤΑΙΡΙΑ ΤΗΣ PHILIP MORRIS INTERNATIONAL

# OBJECTIVES & SOLUTION



**Resilience**



**Focus**



**Wellbeing**



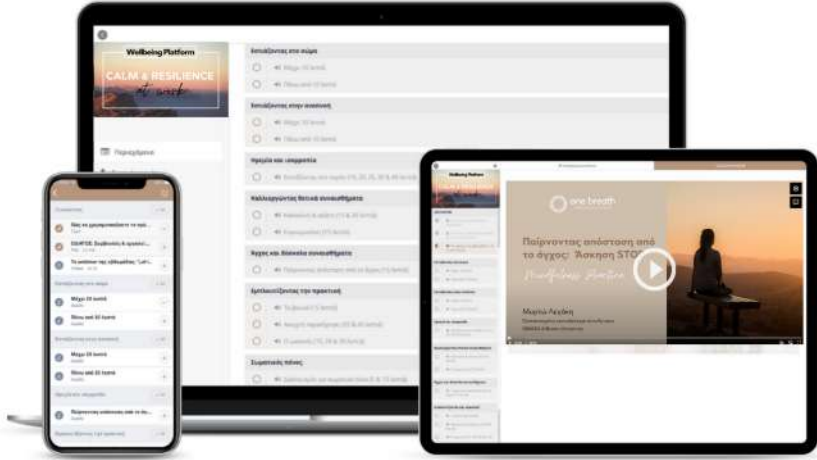
**Communication**



- ✓ **6-week group coaching program**
- ✓ **Open to all**
- ✓ **Level-agnostic**
- ✓ **Online delivery**
- ✓ **Closed groups**
- ✓ **Opt-in**



# WELLBEING PLATFORM

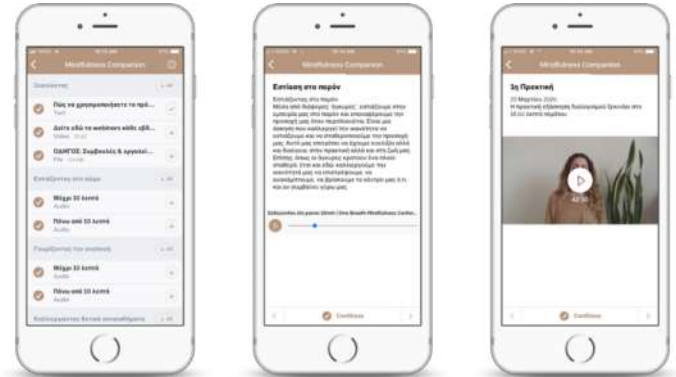


## WHAT IT OFFERS

- Science-backed wellbeing content
- On-demand learning
- Continuous content updates
- Access via all devices

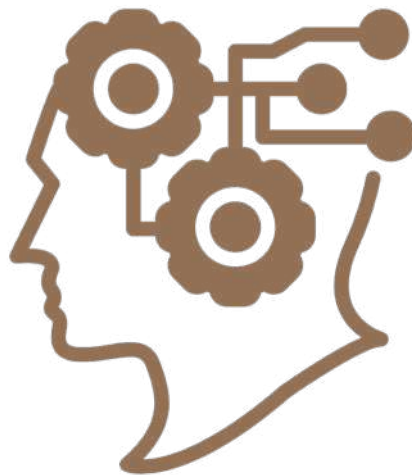
## HOW IT BENEFITS YOU

- Cost-effective solution in your wellbeing strategy
- Complementary to other benefits
- Measurable improvements in employee wellbeing



# CHANGING FROM THE INSIDE

**We create new habits for mental & physical wellbeing  
that change the way we live and work for the better.**



**Changing both Inner and Outer games.**

# PROGRAM ELEMENTS

**Workbook**  
**Home practice tips**



**Online Sessions:**  
**6 weeks x 1.5hour**



**Audio material**  
**Educational videos**



**Mind training**  
**Breathwork**  
**Active rest practices**



**Weekly guidance**  
**Inspirational email**



**Neuroscience**  
**Psychology (CBT)**  
**Coaching frameworks**



**Individual support**




**Group/Dyads sharing**  
**Role play**



# RESULTS



-  **Net Promoter Score 70  
(vs 50 average)**
-  **95% of participants stated  
the program met or their  
expectations**
-  **90% of participants stated  
they are motivated to do  
things differently**



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# PARTICIPANT TESTIMONIALS



**Eye-opening!** It helped me much more than I could have ever hoped for.

Time worth spent, very **helpful** and **life changing!** Very sad that this ended.

It is awesome and much **appreciated** that the **company supports** us in this **self-development** journey, while doing business.

Congrats for such initiatives, they add **immediate value and results** are visible at once! Thanks for the opportunity to participate!

Very helpful program! Made me think of what I **could change/stop/start doing** in my work & life and the ways to assist my attempts.

I gained a **new day-to-day life** perspective! Our coach was excellent.



# RESILIENCE ZONE

## RED ZONE: Defend, Attack, Escape [ON]

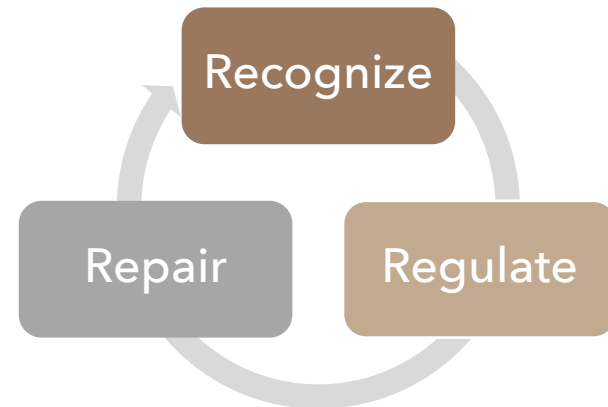
- Fight/flight response
- Emotional reactivity
- Sweaty palms, increased heart rate
- Difficulty concentrating
- Panic, rage
- Hyper-vigilance

## GREEN ZONE: Engage, Interact, Adapt

- Present, Calm and Safe
- Can think and respond clearly
- Engaged and alert

## BLACK ZONE: Freeze, Appease, Shut Down [ON]

- Freeze response
- Lethargic, low energy
- Numb, Lack of emotions
- Little to no physical movement
- Zoning out, dissociation
- Shut down





# PRACTICES FOR RESILIENCE

## 2X EXHALE

Activate the parasympathetic nervous system, bringing a sense of calm

## ANCHORS

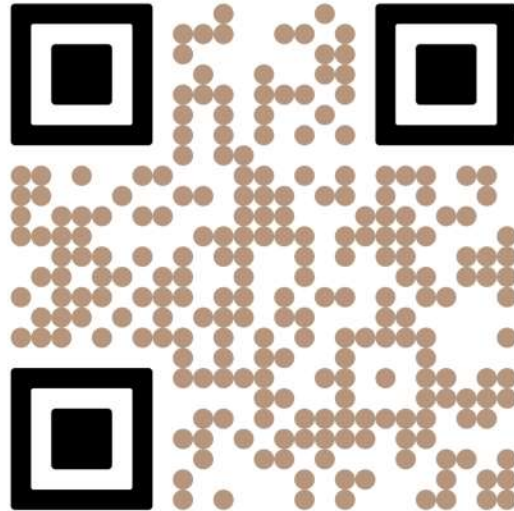
Focus on the present moment using anchors (body, sound, breath) to finding stability

## PAUSE

Practice conscious pausing during the day to recalibrate the nervous system



# Book a Demo



# OUR CLIENTS



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abbvie



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amazon 



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PARIS



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Quest  
HOLDINGS



EPIGNOSIS



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