



one breath  
MINDFULNESS CENTER

# Resilience & Wellbeing Group Training

*One Breath Supporting Nestlé*



Nestlé



# OBJECTIVES & SOLUTION



**Resilience**



**Focus**



**Wellbeing**



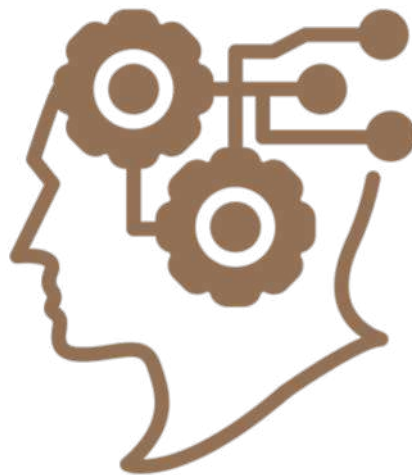
**Communication**



- ✓ **6-week group coaching program**
- ✓ **Open to all**
- ✓ **Level-agnostic**
- ✓ **Online delivery**
- ✓ **5 Closed groups, 60 participants**
- ✓ **Opt-in**

# 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**



# EVALUATION RESULTS



**Nestlé**



**one breath**  
MINDFULNESS CENTER

- ↑ **Net Promoter Score 90**
- ↑ **91% of participants stated they are confident to apply learnings on the job**
- ↑ **100% stated their development needs were met**
- ↑ **90% stated they were fully engaged during training**

# PARTICIPANT TESTIMONIALS



One of the **best team workshops** I have attended. I learnt to **boost focus, better cope** with stress. Thank you Nestlé for providing us the opportunity to engage in this program.

Thank you very much for this **very important training** for our lives. I already use the tools in my daily life with very good results.

Unfortunately, stress is part of life. But I learned to **manage it through** this program. Very grateful!

Trainings like these **enhance the morale of employees**. Thank you for this program. It was perhaps the **most useful training** I ever attended at Nestlé.

The training was very **helpful and supportive** during a stressful period. I learned to **listen to my body, and manage my stress** at work.

I gained a **new perspective!** It brought a more **resilient attitude** at work, with less stress, more **meaningful connection and positive mindset**.



# PARTICIPANT TESTIMONIALS



Being able to **resolve issues** at work more effectively, makes me more **productive**. We developed a **common language** and **conflicts** are not so stressful.

Excellent program! I learnt how to be more **productive, calm, present** and **grateful**! I am more **connected** to myself and my colleagues.

I loved the training! I learnt tools to **improve** and **develop myself**, **communicate** better and **handle stress** more effectively.

I now set a goal to **take care of myself**, to evolve and **become better** for everyone at home and work. Perhaps the best training I attended at Nestlé. Thank you!

I am more **calm and ready to tackle difficult days** at work, challenging conversations and stressful moments and I gained more confidence.

I learned ways to **care for myself**, see things differently and **deal with difficult situations** in my life better. Very grateful!



# CLIENTS WHO TRUST US







one breath  
MINDFULNESS CENTER

**Contact us to learn how we can support you!**

[www.onebreath.eu](http://www.onebreath.eu)

[info@onebreath.eu](mailto:info@onebreath.eu)