



- Workplace Performance Services -



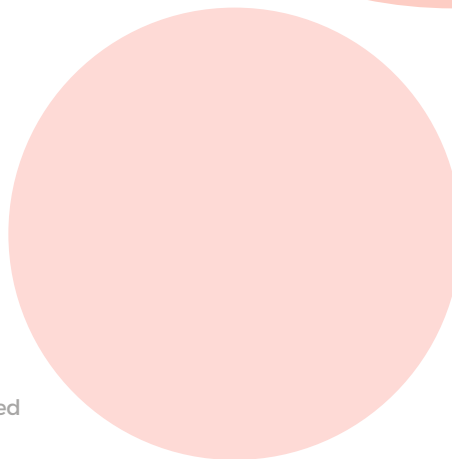
**All now
offered
virtually!**

Your Coaching Space

Workplace Performance
Coaching Services

Services

Technology Led
Powered by Neuroscience



Why we do what we do?

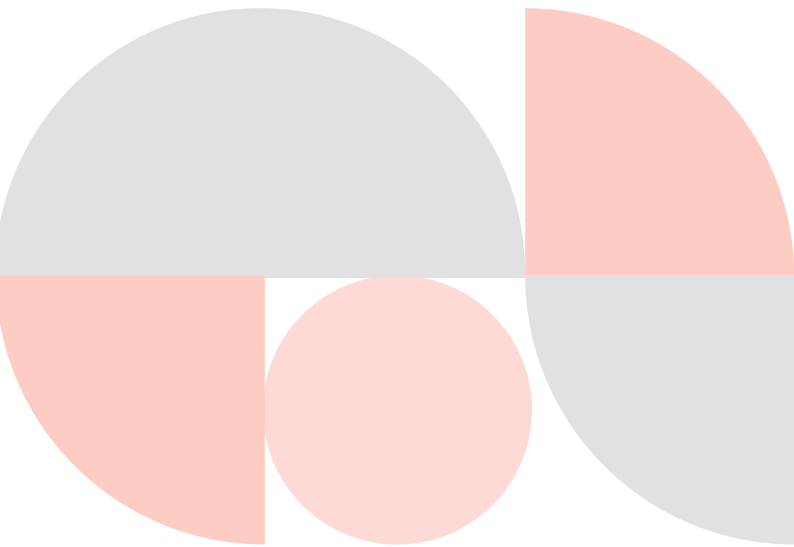
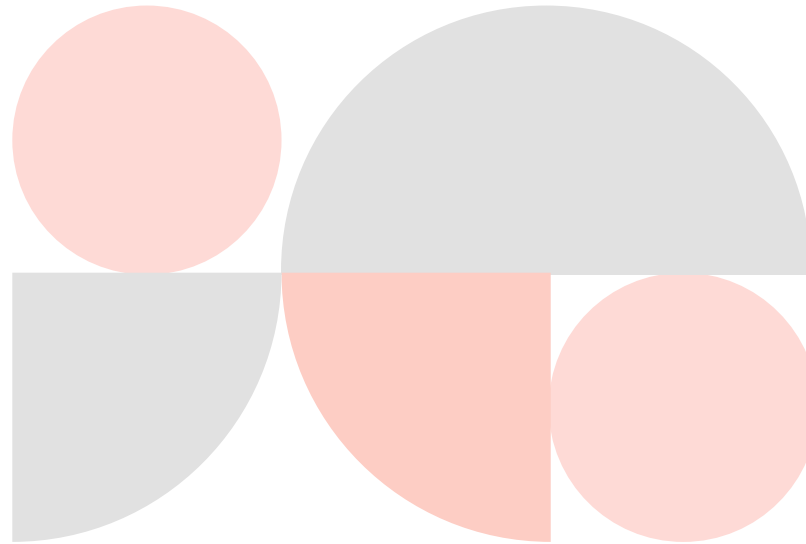
To support you to be able to give it your best!



- Workplace Performance Services -

How we do what we do?

By designing services which are fun, easy to use & give you back the control!



What we do?

We provide coaching and wellness services which are led by technology and powered by neuroscience. Bringing the science of performance to you and your workplace!

HELPING YOU AND YOUR TEAMS IMPROVE PERFORMANCE AND PRODUCTIVITY

OUR SERVICES PACKAGES *



- Workplace Performance Services -

COACH SUPPORTED PERFORMANCE TRAINING



LEVEL 1

FOUNDATION

Package includes;

5 hrs (1hr sessions x 5) - Resilience Boost Programme

****20hrs - Performance Brainwave Training**

Dedicated performance coach for duration

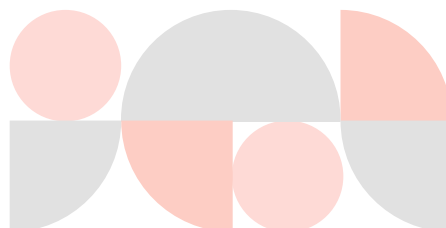
Daily monitoring of training sessions

Personalised progress updates

Client support resource packs

4 week duration

€495



OUR SERVICES PACKAGES *



- Workplace Performance Services -

COACH SUPPORTED PERFORMANCE TRAINING



LEVEL 2

BUILD

Package includes;

5 hrs (1hr sessions x 5) - Resilience Boost Programme

****20hrs - Performance Brainwave Training**

Dedicated performance coach for duration

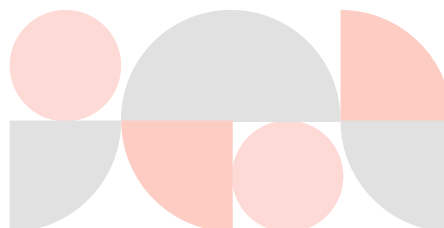
Daily monitoring of training sessions

Personalised progress updates

Client support resource packs

4 week duration

€445



OUR SERVICES PACKAGES *



- Workplace Performance Services -

COACH SUPPORTED PERFORMANCE TRAINING



LEVEL 3

EXTEND

Package includes;

5 hrs (1hr sessions x 5) - Resilience Boost Programme

****20hrs - Performance Brainwave Training**

Dedicated performance coach for duration

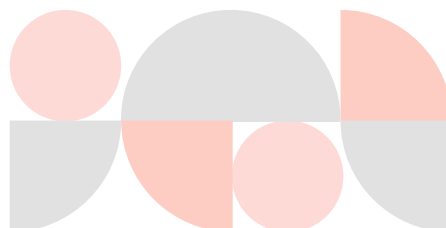
Daily monitoring of training sessions

Personalised progress updates

Client support resource packs

4 week duration

€405



OUR SERVICES PACKAGES *



- Workplace Performance Services -

COACH SUPPORTED SLEEP WELL PROGRAMME



SLEEP

WELLNESS PROGRAMME

Package includes;

5 hrs (1hr sessions x 5) - Resilience Boost Programme

****20hrs - Sleep support Brainwave Training**

Dedicated sleep coach for duration

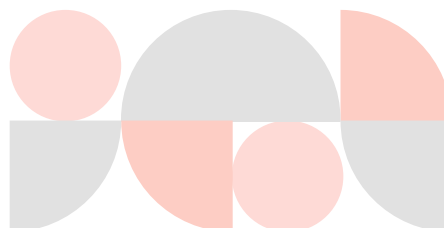
Daily monitoring of training sessions

Personalised progress updates

Client support resource packs

4 week duration

€495



*Prerequisite for all initial packages only is a stand alone 'Get Started' one to one session . This covers all bespoke programme set up, orientation, Q&A equipment hire. Price €100 (1hr) .
**Maximum number of hours available in package

OUR SERVICES PACKAGES *



- Workplace Performance Services -

COACH SUPPORTED RESILIENCE PROGRAMME



RESILIENCE AUDIT & RESET

WELLNESS PROGRAMME

Package includes;

Base line it

Specialised assessments to measure effects of stress on your physical, emotional & psychological levels

Strengths Audit

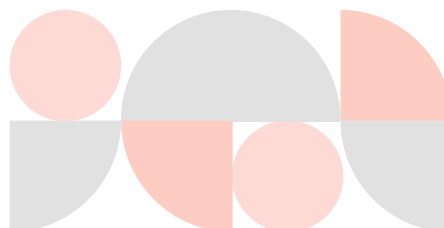
Personal Reset & Recharge Plan

Client support resource packs

2 x 30mins 'live' virtual meetings with your personal resilience coach

Support for 30 days post programme

€99



OUR SERVICES PICK & MIX



- Workplace Performance Services -



Coach supported Performance or Sleep Brainwave Training
€250 per month



Coach supported Performance or Sleep Brainwave Training
'bring your own' hardware - Brainwave Sensing Muse
headband*
€200 per month



Coach supported Resilience Boost Program - SSP (5hrs)
€300



Coach supported Resilience Boost Program top up - SSP
(3- 5hrs)
€160



Online 'live' Workshops
See website for current listing & prices



In-house Workshops
Price on request



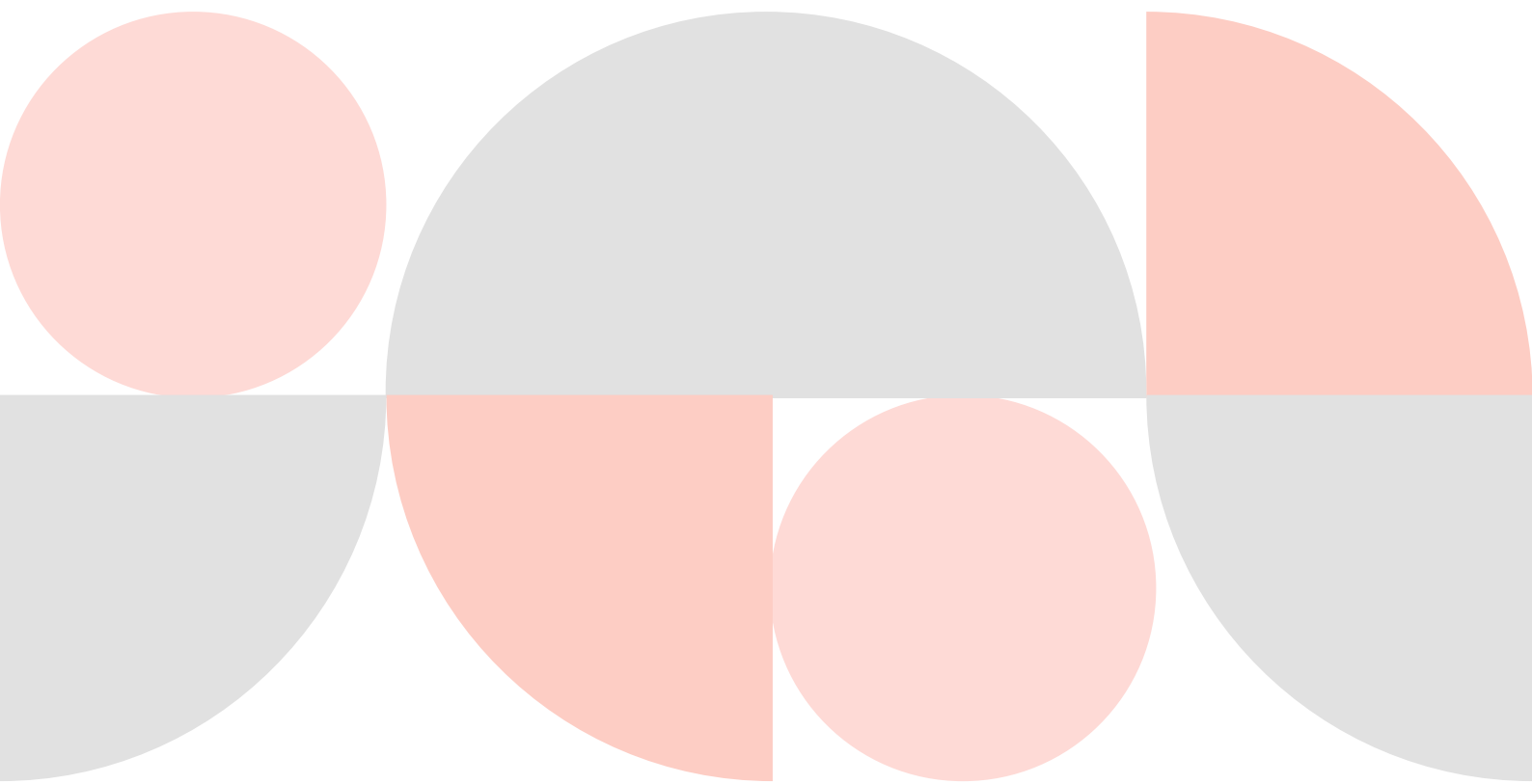
In-house Seminars
Price on request

*Prerequisite for all initial packages only is a stand alone 'Get Started' one to one session . This covers all bespoke programme set up, orientation, Q&A. and equipment hire. Price €100 (1hr) .





- Workplace Performance Services -



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