

EXPLORE THE DEEPEST PART OF YOU.

Delivering inner calm that can be felt, measured, and operationalised.

Your people are buffering

Time to rise...

Introducing: Zenbok Presence Pathway - for Hospitality

"Man never made any material as resilient as the human spirit." - Bernard Williams

Opportunity	<ul style="list-style-type: none">* Banish rising stress and burnout among hospitality staff* Meet guest expectation for authentic, held connection* Elevate operational excellence at the human layer
Innovation	<ul style="list-style-type: none">* Nervous-system-first presence pathway* Audio-led reset meditations & microtools* Measurable impact using the Vagal Tracker
Tailored Tiered Training	<ul style="list-style-type: none">a. Tier 1: 90-Min Reset Workshop - Nervous system masteryb. Tier 2: 90-Min Flow Workshop - Brainwave masteryc. Tier 3: 14-Day Rise Residency - The presence pilot
Metrics That Matter	NPS trends. Recovery. Reactivity. Guest Scores. Wellness Outcomes.
Outcomes	<ul style="list-style-type: none">* Calm, measurable leadership* Team regulation and recovery* Organisational excellence* Deep, felt guest satisfaction
Environmental	Realignment. Responsibility. Respect.

Zenbok - Just One Reset Away

To quietly, professionally help spa/hospitality teams build simple, low-friction wellbeing pilots with tools that genuinely shift how guests feel and deliver measurable benefits for staff and operations.

Ian Matthews | Global Mindful Leader | Neuro-leadership Trainer | Emeritus Approved Wellness Coach

www.zenbok.org

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