



The Zenbok Presence Pathway

Nervous System Regulation for Human Optimisation

Zenbok Reset

Break the loops. Embody presence. Boost resilience.

60-second microtools

Guided meditations (3, 7, 11 min)

Vagal Tracker metrics

Zenbok Flow

Expand beyond resilience into adaptability and creativity.

4-Stage Flow Cycle training

Meditations & flow codes to engage, integrate

Practices for innovation and leadership presence

Zenbok Reset + Flow Hybrid Pilot

Embed workflow through 4-week pilot.

Week 1: Onsite kick-off

Weeks 2-3: Virtual sustainment

Week 4: Integration & measurement

Proven Results

Mandara Spa: Attention ↑ 18%

Unilever Asia: Engagement ↑ 16%

Michelin Korea: Competence ↑ 11%

Why Zenbok Works

Reset Stress. Silence the Noise. Prime Teams for Flow.

No apps. No therapy. Nervous system reset.

Mindfulness + polyvagal-informed tools

Real-world integration. No tech required.

Founder Spotlight

Ian Matthews - Zenbok Founder - www.zenbok.org

Global Mindful Leader | Stress Reset Expert | Executive Coach

Trusted by Unilever, Michelin, Mandara Spa, Aleenta Thailand

