



INTRODUCING ZENCHECK
A WELLTECH FIRST in KOREA!
 - with Certified Digital Health Coach
Ian Matthews

MENTAL WELLNESS: BE WELL - PREVENT BURNOUT - EXCEL

FOR 1:1 - GROUPS - TEAMS

BOOK ZENCHECK

THE 60 SECS HEART AND MIND STRESS TEST



TAKE A 60-SECS EEG/PPG STRESS TEST

ZENBOK DIGITAL HEALTH COACH IAN MATTHEWS IS A GLOBAL LEADER IN DELIVERING **NEURO-MINDCARE** TESTING, AND CURATING HOLISTIC LIFESTYLE PLANS FOR MENTAL HEALTH, FOCUS, AND PERFORMANCE.



INSTANT ZENCHECK HEALTH RESULTS

ONCE YOUR DIGITAL EEG/PPG SCREENING IS DISPLAYED AND ANALYSED, COACH IAN WILL INTERPRET YOUR **BRAIN & BIOLOGY RESULTS DATA** AND ANSWER ANY QUESTIONS.



A DEEPER LEVEL OF HOLISTIC CARE

USING HIS 20+ YEARS EXPERIENCE AS A GLOBAL LEADER IN MIND-BODY MEDICINE, IAN WILL GIVE YOU A TASTER OF HOLISTIC TOOLS FOR BETTER **MENTAL, PHYSICAL, AND EMOTIONAL HEALTH.**

Avail of our Zenbok signature programs. Start now:

- **NEURO-LEADERSHIP (COACHING)**
- **CORPORATE ATHLETE (TRAINING)**
- **INNER EVOLUTION (TREATMENTS)**



 **서울대학교** SNU Validated Mind Science
 SEOUL NATIONAL UNIVERSITY

Welltech Partners:  **OMNIFIT**

FOR PRIVATE INDIVIDUALS - ORGANISATIONS - WELLNESS RESORTS - SCHOOLS - HEALTHCARE



Contact Ian Matthews

www.zenbok.org

support@zenbok.org