

# Zenbok - Just one reset away.



## The rapid way to dissolve stress and cultivate coherence in teams.



ONSITE

ONLINE

### The Method

**Zenbok Founder Ian Matthews** – With 20 years of research, design, and frontline delivery, he created the proprietary Mindfulness Assisted Vagal Activation (MAVA) protocol - to recalibrate the human nervous system for calm, responsive aliveness. Through facilitator-led practices and short guided audio meditations woven seamlessly into daily workflows, Zenbok delivers modern, science-backed micro-regulation tools that build collective coherence, amplify presence, and sharpen performance.

#### Metrics

THE  
VAGAL  
TRACKER™



**The Vagal Tracker:** simple, practical, actionable.

Maps your nervous-system state to a three-colour gauge. Green, amber, red – each state links to short, proven tools that down-regulate reactivity or restore calm.

No drama, just a snapshot that points your team to the right recovery practice in the moment. It turns intuition into evidence and speeds self-regulation of stress.

How it typically lands – you'll notice mornings that flow because the team starts calm, clear, and regulated.

Guest arrivals: that feel intentionally calm not rushed.

Meetings: that close with decisions, not follow-ups.

Leaders: who report clearer thinking under pressure.

### Zenbok Presence Pathway

Turn presence into a reliable operational edge. We help hospitality teams and leadership groups shift from survival to steady - so guests feel held, teams recover faster, and leaders make clearer choices under pressure.

#### Why this matters

Guests remember how they felt, more than what they ate. Teams burn out from repeated spikes of reactivity, not one bad day. Boards care about retention, reputation, and decision speed. The small, repeatable shifts in how your people understand how to self-regulate produce big business gains: fewer complaints, shorter meetings, better retention, stronger guest stories.

#### What makes Zenbok different:

- We treat presence as a skill you can teach, embed in daily culture, and measure, not an occasional wellness perk.
- We blend lived and working practice with physiological feedback so improvements are visible, felt, and credible.
- We prioritise authenticity: practices that sit naturally inside real service and leadership rhythms. We keep the detailed methods with us – what you get is clear improvement and responsive people, not platitudes.

#### Pilot options – focused, measurable, low friction:

- **Hospitality:** two-week on-site pilot to demonstrate measurable lift in team presence and guest felt-held signals; scalable to a four-week property embed. Optional Facilitator Training and Vagal Toning Sessions.
- **Corporate:** 48-hour executive immersion to show immediate gains in meeting coherence; scalable to a two-week leadership rollout. We'll share the pilot scope and quick wins in conversation for your scalability.

#### What decision makers want—and get from Zenbok:

- Credible evidence of fast incident recovery, less reactivity.
- Fast, operational wins that easily layer onto busy schedules.
- A clear path from pilot to lasting practice and culture change.

Want the short PRESENCE overview or a 20-minute walkthrough?  
Reply stating PRESENCE with your email. We'll propose a pilot that fits your property or team – concise, practical, and ready to show immediate calm.



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