

# THE CALM COACH

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## CORPORATE WELLBEING & NERVOUS SYSTEM RESILIENCE

**£51 billion**

lost annually in the UK  
to poor mental health

**63%**

of UK employees show  
signs of burnout

**£5 from £1**

£5 return on every £1  
invested in mental health

**95%**

of mental health apps fail  
due to no accountability

### THE PROBLEM

- Most workplace solutions rely on self-motivation.
- An app nobody opens.
- A one-off workshop forgotten by Friday.
- Traditional EAPs used by only 5–10% of employees.
- Meanwhile, stress spreads silently - burnout quietly erodes your bottom line.

### WHAT'S INCLUDED

- 8 live 20-minute sessions via Microsoft Teams.
- A new nervous system regulation technique each week.
- Session summary emails with theory and take-home tools.
- Pre- and post-programme questionnaires.
- Impact report for your leadership team.
- Free 20-min taster session for HR and leadership team.
- Bespoke and ongoing maintenance programmes available.

### B CORP CERTIFIED? THIS COUNTS

The Calm Coach is purpose-built to support your B Lab Standards performance across the Impact Topics that matter most:

**Fair Work:** Demonstrable investment in employee wellbeing, psychological safety and belonging - live, consistent, measurable - directly evidences your workplace culture performance requirements.

**Community Impact:** Every programme booked funds nervous system sessions in a local school. Giving back is built in - ready to evidence in your next recertification.

**Full accountability:** Pre- and post-programme questionnaires and light impact report provide the concrete evidence your third-party B Corp audit requires.

### GIVING BACK: SCHOOLS PROGRAMME

Every corporate programme booked funds a nervous system regulation session in a local UK school - introducing children and staff to breathwork and regulation before the pressures of modern life take hold. Backed by real classroom results: children became more focused and settled, and the school environment noticeably calmer.

### THE SOLUTION

Your nervous system works like a muscle - it needs regular, consistent training. In an 8-week programme, Victoria shows up live on Teams every week for focused 20-minute sessions that fit seamlessly into the workday, even at desks. Through guided heart coherence, breathwork and somatic techniques, teams build genuine resilience - together - with no reliance on willpower.

### BENEFITS TO YOUR ORGANISATION

- **Reduced absenteeism & presenteeism:** Evidence-based stress regulation keeps teams present and engaged.
- **Improved performance under pressure:** Sharper focus, better decisions, sustained energy.
- **Enhanced retention & engagement:** People stay where they feel genuinely supported.
- **HSE compliance:** Meets legal duty-of-care requirements for work-related stress. Also supports ESG reporting.
- **ROI:** Every £1 invested returns £5 in productivity gains.

“I feel so much calmer now. I was so stressed this morning, but it has genuinely helped. I feel like I've been reset”  
– **Dominie, Programme Participant**

“Attending these sessions has absolutely helped me to calm my overthinking mind and focus on my breathing”  
– **Samantha, Teaching Assistant**

### INVESTMENT

**8 weeks · 20 mins/week · Live on Microsoft Teams · All UK locations**

- ✓ Up to 20 employees £1,999
- ✓ Up to 50 employees £3,999
- ✓ Up to 100 employees £6,999
- ✓ Up to 300 employees £9,999
- ✓ 300+ employees POA

**Bespoke & ongoing maintenance programmes also available.**

**Not sure if this is right for your organisation?  
Start with the free taster session.  
Experience it in your own body. Then decide!**