

Cultivating resilience & wellbeing

One Breath supporting Papastratos PMI

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one breath
MINDFULNESS CENTER



ΠΑΠΑΣΤΡΑΤΟΣ
ΕΤΑΙΡΙΑ ΤΗΣ PHILIP MORRIS INTERNATIONAL

OBJECTIVES & SOLUTION



Resilience



Focus



Wellbeing



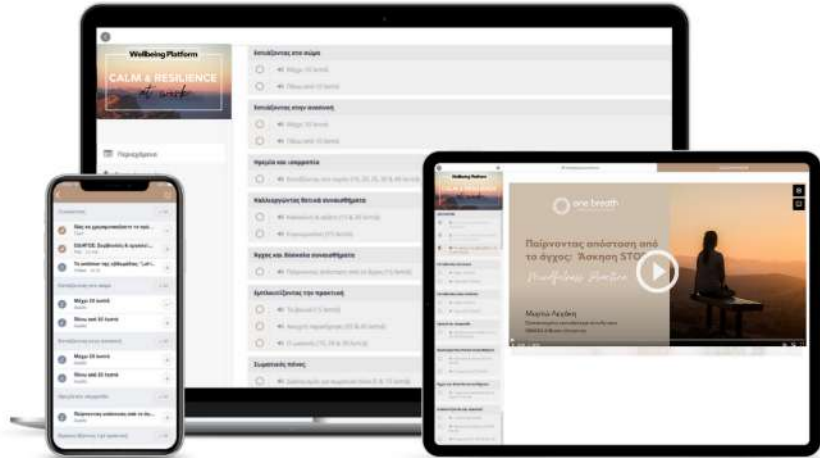
Communication



- ✓ **6-week group coaching program**
- ✓ **Open to all**
- ✓ **Level-agnostic**
- ✓ **Online delivery**
- ✓ **Closed groups**
- ✓ **Opt-in**



WELLBEING PLATFORM

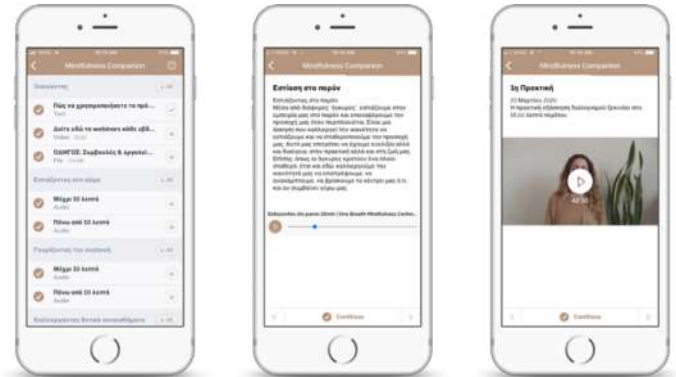


WHAT IT OFFERS

- Science-backed wellbeing content
- On-demand learning
- Continuous content updates
- Access via all devices

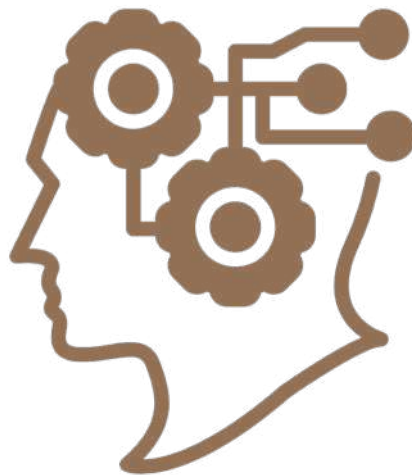
HOW IT BENEFITS YOU

- Cost-effective solution in your wellbeing strategy
- Complementary to other benefits
- Measurable improvements in employee wellbeing



CHANGING FROM THE INSIDE

**We create new habits for mental & physical wellbeing
that change the way we live and work for the better.**



Changing both Inner and Outer games.

PROGRAM ELEMENTS

Workbook
Home practice tips



Online Sessions:
6 weeks x 1.5hour



Audio material
Educational videos



Mind training
Breathwork
Active rest practices



Weekly guidance
Inspirational email



Neuroscience
Psychology (CBT)
Coaching frameworks



Individual support



Group/Dyads sharing
Role play



RESULTS



- ↑ **Net Promoter Score 70
(vs 50 average)**
- ↑ **95% of participants stated
the program met or
exceeded expectations**
- ↑ **90% of participants stated
they are motivated to do
things differently**



PARTICIPANT TESTIMONIALS



Eye-opening! It helped me much more than I could have ever hoped for.

It is awesome and much **appreciated** that the **company supports** us in this **self-development** journey, while doing business.

Very helpful program! Made me think of what I **could change/stop/start doing** in my work & life and the ways to assist my attempts.

Time worth spent, very **helpful** and **life changing!** Very sad that this ended.

Congrats for such initiatives, they add **immediate value and results** are visible at once! Thanks for the opportunity to participate!

I gained a **new day-to-day life** perspective! Our coach was excellent.



OUR CLIENTS



Google

PIRAEUS BANK 

abbvie



 Microsoft



amazon 



L'ORÉAL
PARIS



Coral

 INTERAMERICAN

Quest
HOLDINGS



EPIGNOSIS



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MINDFULNESS CENTER

Contact us to learn how we can support you!

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