

THREE SIXTY COACHING  
by Aoife Leggett

# WORKPLACE WELLNESS



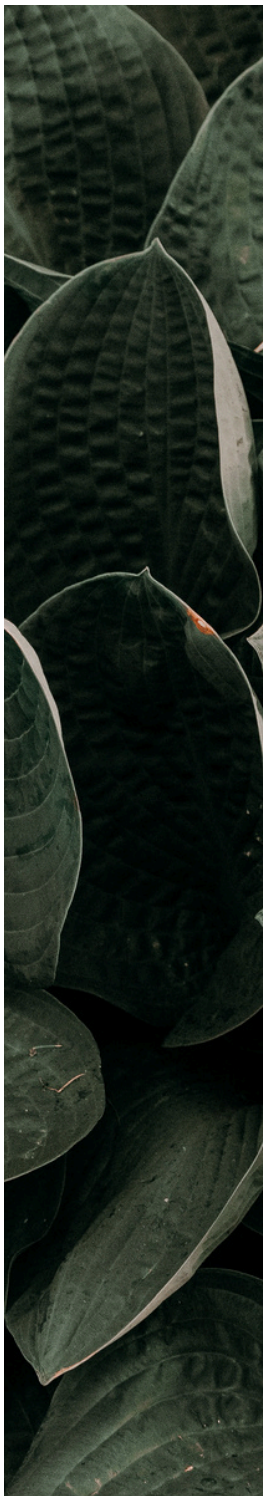
Empowering Individuals,  
Inspiring Success.

Your Path to a Vibrant  
Workforce.

# WELCOME

In today's fast-paced world, a healthy, motivated, and resilient team is the backbone of any successful organisation.

At Three Sixty Coaching, we believe in the power of holistic well-being. Our Coaching and Wellness services offer more than the conventional approach; it's a transformative experience designed to elevate your team and workplace to new levels of success and strength.



## WHAT WE OFFER

- Wellness Workshops
- 1:1 and Group Coaching
- Breathwork Sessions and Courses

This unique blend of expertise caters to core aspects of your employees' well-being.

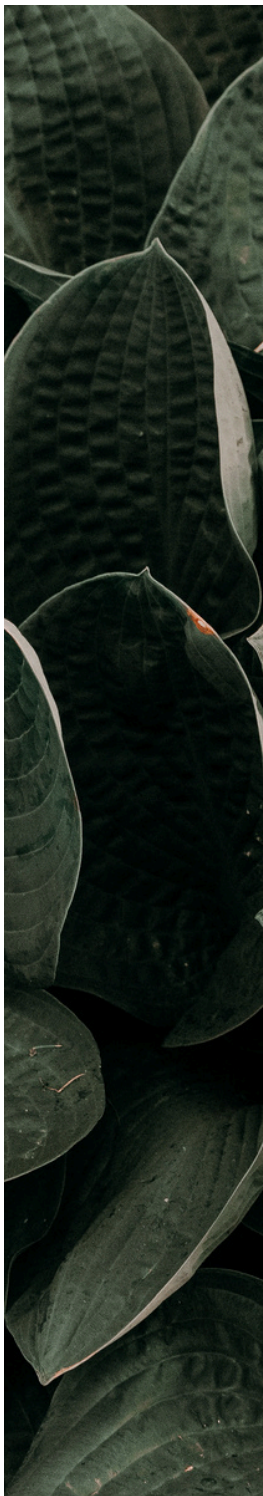
## OUR APPROACH

We believe a blend of educational wellness workshops, 1:1 coaching, and breathwork is the best way to make a real impact in the workplace.

Our **Wellness Workshop** is a four-pillar workshop. Attendees will benefit from exploring the following topics: **Mindset, Lifestyle, Nutrition, and Movement.**

**1:1 Coaching** supports employees with their individual needs, and achieving goals within the company.

**Breathwork** sessions equip employees with practical tools to combat stress and enhance performance.



Our wellness services work to instill **mental resilience**, allowing your employees to turn challenges into opportunities and prepare them to tackle each day with renewed vigor.

A happy workplace is about fostering a culture where employees feel valued, heard, and appreciated.

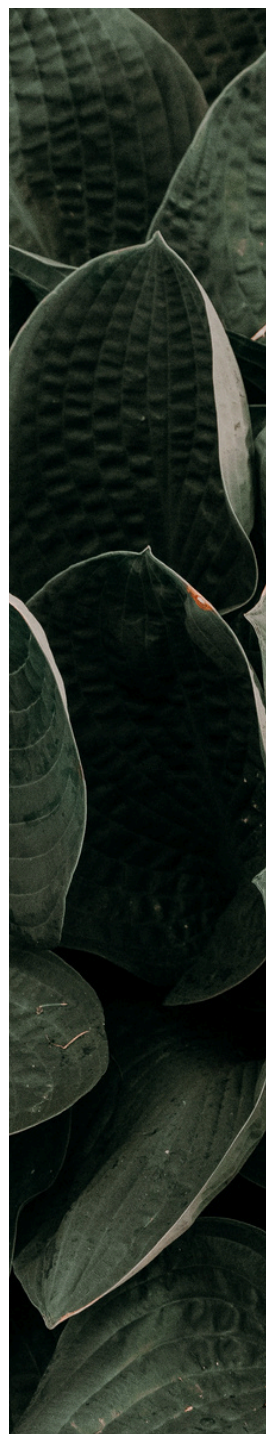
# WELLNESS WORKSHOP

## Mindset

- Cultivating a Positive and Resilient Mindset
- Values, Vision, and Mission
- Confidence Skills
- Understanding Belief Systems and Overcoming Limiting Beliefs
- Change Management
- Dealing with Difficult People
- Cognitive Distortions

## Lifestyle

- The Wheel of Life Coaching Tool
- Goal Setting
- Building Habits, Routine, and Maximising Productivity
- Stress Management
- Optimising Sleep
- Applying Work/Life Balance Techniques



# TOPICS COVERED

## Nutrition

- Calories, Macronutrients, and Micronutrients
- Energy output explained: BMR, NEAT, EAT and TDEE
- Fueling for Optimal Function
- Hydration
- Meal Timing and Food Tracking
- Nutritional Methods

## Movement

- The Benefits of Movement
- Resistance Training
- The Best Approach For You
- Exercise vs. Movement

## 1:1 COACHING

Nurturing employee growth isn't just a goal—it's a necessity. We believe in empowering your employees to reach their highest potential through personalised 1:1 coaching.

### Why Offer 1:1 Coaching?

**1. Enhanced Performance:** Our tailored coaching sessions are designed to pinpoint individual strengths and areas for growth, leading to heightened performance levels across your organisation.

**2. Boosted Retention:** Investing in the professional development of your employees demonstrates a commitment to their success, fostering loyalty and increasing employee retention.

**3. Efficient Issue Resolution:** Through guided coaching, employees gain the tools and insights needed to effectively tackle challenges, resulting in quicker issue resolution and smoother workflow.



**4. Fostering a Positive Workplace:** A culture of continuous improvement and support is cultivated through coaching, contributing to a more positive and collaborative work environment.

**5. Cultivating Self-Awareness:** Our coaching will help employees gain deeper insights into their behaviors, motivations, and goals, fostering self-awareness and personal growth.

**6. Overcoming Obstacles:** Identify and overcome barriers that hinder progress, allowing individuals to break through limitations and achieve new heights of success.

**7. Navigating Change:** In times of transition, such as returning to the office or resuming work after a leave, coaching provides invaluable support in adapting to change and navigating transitions smoothly.

We understand that every organisation is unique. That's why our coaching sessions are fully customisable to address the specific needs and objectives of your company. Whether conducted onsite or online, we aim to deliver impactful sessions that drive results.

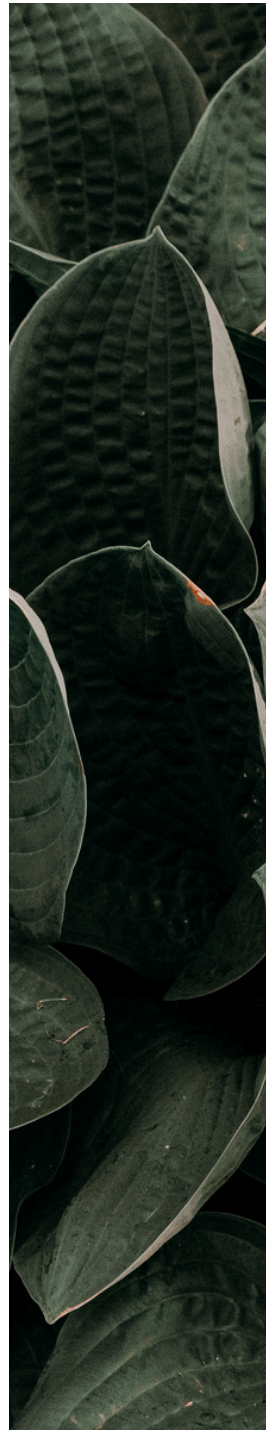
# BREATHWORK

In today's fast-paced corporate environment, employees find themselves struggling with change, stress, anxiety, and overwhelm. Amidst the chaos, there lies a simple yet profound solution: conscious breathing.

By learning the skill of conscious breathing, individuals can regain a sense of peace, calm, and control in their daily lives.

Our breathwork sessions offer easy-to-follow techniques to:

- **Reduce Stress in Three Exhales:** experience the transformative power of breath to swiftly alleviate stress and tension, fostering resilience.
- **Energy and Focus Boost:** learn to use the breath to boost energy levels and focus, even during extended periods of desk work.



We teach four foundational breathwork techniques, that each serve their own unique purpose:

1. **Vagus Nerve Breathing:** Calms the nervous system, reduces anxiety, and promotes overall well-being by shifting the body into a restful state.
2. **Box Breathing:** Enhances mental focus, optimises performance, anchors the mind, and provides energy.
3. **Natural Breathing:** Boosts energy levels, stamina, while reducing blood pressure and muscle tension.
4. **Coherent Breathing:** Reduces stress, sharpens focus, and enhances productivity by promoting calm and balance.

We offer practical insights for integrating breathwork into daily routines, providing employees with simple and effective stress reduction strategies.

## SERVICE DELIVERY

Every business has unique requirements that we are willing to adjust our offering to cater to.

We offer flexible scheduling to suit your workplace.

Our Wellness Workshop can be delivered as a half-day workshop or split into 1-hour sessions.

1:1 Coaching sessions can be delivered in 30, 45 or 60-minute slots.

Workshops, Coaching, and Breathwork sessions can be conducted online or in person.

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## PRICING

For pricing information, more details, or to discuss requirements, please contact us by email [aoife@threesixtycoaching.ie](mailto:aoife@threesixtycoaching.ie) or phone + 353 85 163 6590.



## OUR AIM

Is to foster a workplace environment that enhances **retention**, fuels **growth**, and inspires **excellence**. By investing in our wellness services, you're nurturing a future where your organisation thrives.

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## CLIENTS

MASON  
HAYES &  
CURRAN

Google

EDEN  
ONE

Gray

RONAN GROUP

## MEET YOUR HEAD FACILITATOR

I'm Aoife, a qualified **Life Coach**,  
Certified **Personal Trainer**, **Breathwork  
Teacher**, and **Performance Nutritionist**.

With a passion for **holistic well-being**,  
my unique blend of expertise supports  
you in achieving corporate excellence.

Before becoming a Coach, my  
professional background was rooted in  
fast-paced roles in Sales and  
Operations, which has left me with a  
profound understanding of the demands  
and stress inherent in the workplace.



My mission is to equip  
individuals with the tools they  
need for enhanced well-being  
and productivity.

Join me and witness your team  
embrace long lasting holistic  
wellness.



CONNECT  
WITH US



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