

Nervous-system capacity training for high-performing teams

High pressure doesn't have to become chronic stress

Simona Ray

Meditation · Breathwork · Nervous System Training · Embodiment Coaching

Build nervous system capacity

Modern work doesn't necessarily need less pressure. It needs people who can meet pressure without being hijacked by it.

I help individuals and teams understand how stress affects their physiology, recognise their own patterns of activation and depletion, and develop practical tools to regulate, recover and perform more effectively.

The primary technology is breathwork — supported by meditation, nervous-system education and embodied practices that can be integrated into real working life.

The goal isn't to eliminate stress - it's to build the internal capacity to meet it

REGULATE

Recognise your state and learn how to shift it intentionally

RECOVER

Release accumulated stress & restore the resources needed for sustainable performance

PERFORM

Access greater focus, clarity, energy and presence when demands rise

From wellbeing to performance

YOUR NERVOUS SYSTEM IS PART OF YOUR PERFORMANCE INFRASTRUCTURE.

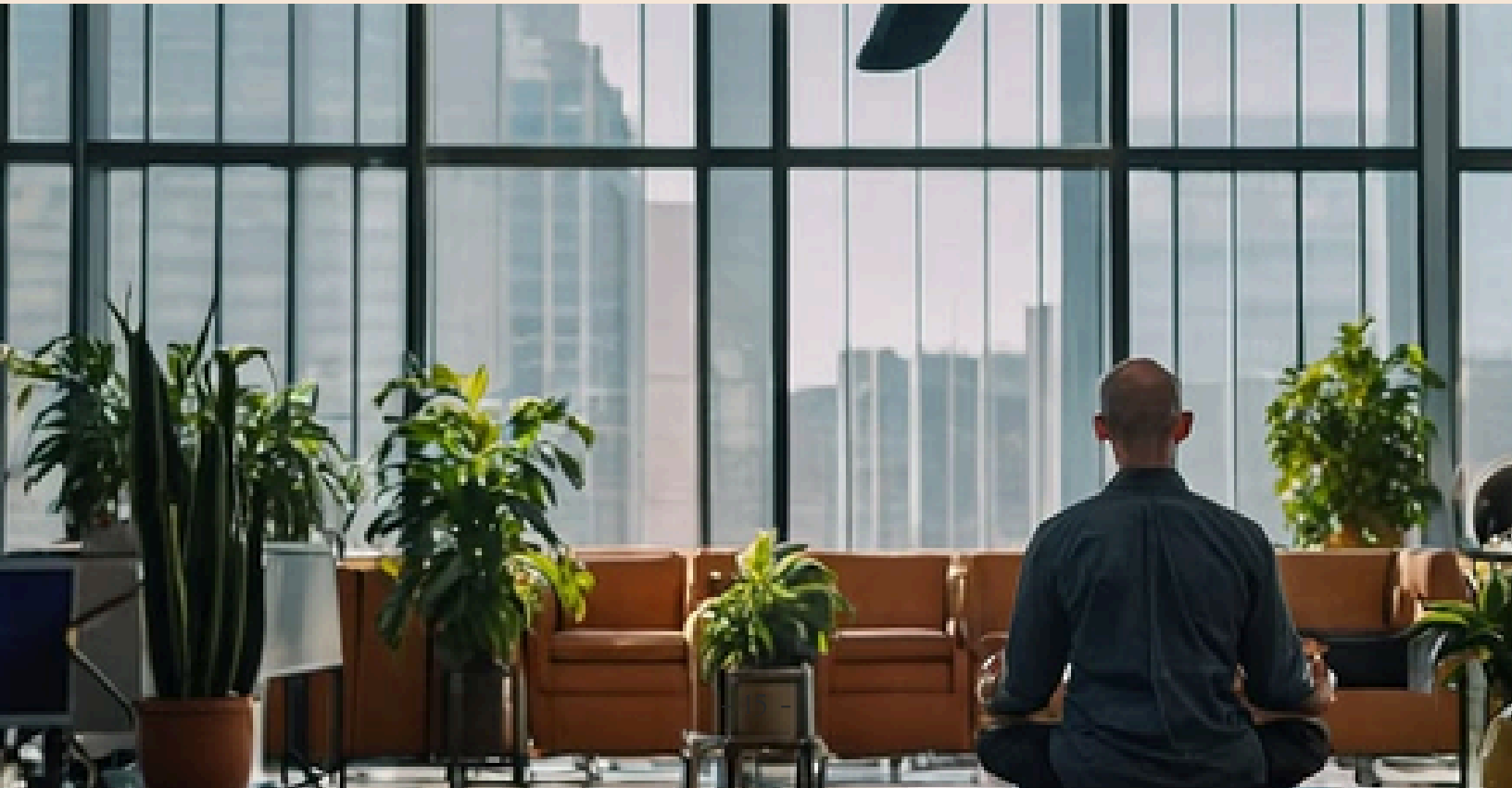
Pressure is inevitable: Deadlines. Change. Uncertainty. Decision-making. Conflict. High workloads. Constant communication.

The question isn't whether your employees will experience stress. It's **whether their systems can adapt** to it - and recover afterwards.

When stress becomes chronic and **recovery remains insufficient**, people may experience:

- cognitive fatigue
- reduced focus
- emotional reactivity
- decision fatigue
- lower creativity
- difficulty switching off
- depleted energy
- reduced resilience

Nervous-system training gives people a practical toolbox for changing their state rather than being unconsciously driven by it.

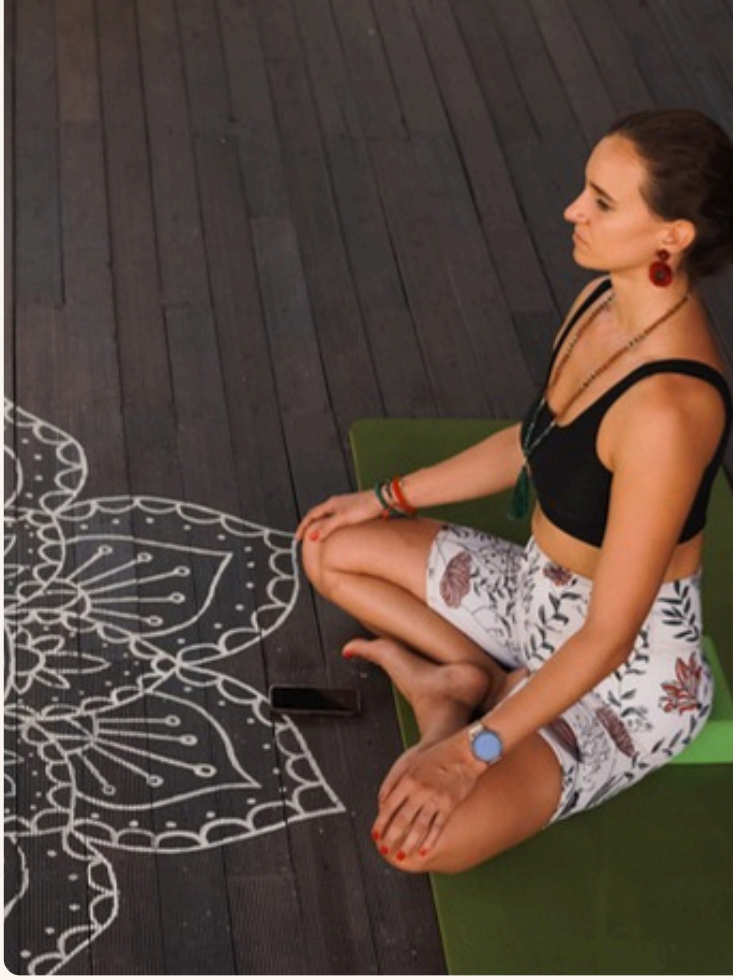


The technology: *breathwork*

Your breath is one of the few physiological processes that is both automatic and consciously controllable.

That makes it an accessible entry point into nervous-system regulation. You don't need an app, a retreat, an hour of meditation or a complete lifestyle overhaul to start working with your nervous system. All you need is to know how to use your breath.

When pressure rises, the breath changes. And **by deliberately changing the breath, we can begin to influence the physiological state that supports how we think, feel and respond.**





> A well-designed breathing practice can take **just a few minutes** and can be used before a presentation, after a difficult meeting, during an afternoon energy dip or at the end of a demanding workday.

ABOUT BREATHWORK

Used by people who perform under extreme pressure

Breath regulation has long been incorporated into mental performance and stress-management training in military and tactical settings.

The U.S. Navy's own psychological-toughness guidance includes breathing among strategies used by Navy SEALs to help people regroup, focus and manage demanding situations.

The principle is simple:
DON'T WAIT UNTIL YOU'RE CALM TO PERFORM. LEARN HOW TO INFLUENCE YOUR STATE SO YOU CAN PERFORM UNDER PRESSURE.

Working with breath to change the nervous system state is a skill and hence is trainable.



It's more ancient & goes beyond a wellness trend

Controlled breathing isn't a wellness fad - it's a performance tool with a growing evidence base behind it. A 2023 meta-analysis of 12 randomised controlled trials found breathwork was **linked to lower self-reported stress** compared with control groups.

And importantly, breathwork doesn't have to mean lying down with your eyes closed for an hour.

SOME PRACTICES TAKE MINUTES.

The aim is to build a personal nervous-system **toolbox employees can actually use in the middle of real life, even mid-meeting**



BREATHWORK IS NOT ONLY ABOUT CALMING DOWN

One breath - different states

Different breathing patterns can be used for different objectives.

Breathwork is the *quickest* way into deep states of meditation and feels like a HIIT for mind & soul. High impact, low effort, fast results.

RESEARCH* SHOWS THAT **JUST 5 MINUTES** OF CONSCIOUS BREATHING **SURPASSES MINDFUL MEDITATION**, as it controls the body's automatic systems that determine one's mental and energetic state.

The goal isn't to make everyone calm all the time.

THE GOAL IS STATE FLEXIBILITY.

The ability to recognise what state you're in, decide what the situation requires — and have practical tools to influence your response.

THAT IS NERVOUS-SYSTEM CAPACITY IN PRACTICE.



DOWN-REGULATE

When the system is overloaded

Calm · Ground · Recover



UP-REGULATE/ ACTIVATE

When energy & alertness are low

Energise · Mobilise · Engage



FOCUS

When attention is scattered

Centre · Clarify · Concentrate



TRANSITION

When it's time to move between states, roles & responsibilities

Work → Home · Meeting → Meeting

*Balban, M. Y., Spiegel, D., Huberman, A. D., et al. (2023). Brief structured respiration practices enhance mood and reduce physiological arousal. Cell Reports Medicine

Corporate Experiences

THE RESET

60-MINUTE EXPERIENTIAL SESSION

A practical introduction to nervous-system regulation through breathwork. Participants learn why physiological state matters for performance, then experience a guided practice designed to shift them out of accumulated stress and into a more regulated state.

Ideal for: wellbeing days · team sessions · conferences · offsites

Investment: from €590

PEAK STATE

60-MINUTE KEYNOTE + PRACTICE

Your nervous system is part of your performance strategy. A thought-provoking keynote exploring the connection between stress, physiology, cognition and performance — followed by a practical experience participants can immediately use.

Ideal for: conferences · leadership events · company-wide wellbeing programmes · offsites

Investment: from €990

REGULATION TOOLKIT

2-HOUR INTERACTIVE WORKSHOP

Go beyond "just relax." Participants learn how stress affects the nervous system, recognise their own patterns and build a practical personal regulation toolbox.

EDUCATION + SELF-AWARENESS + BREATHWORK + PRACTICE + INTEGRATION

Ideal for: teams experiencing sustained workload, organisational change or increased performance pressure.

Investment: from €890

CAPACITY TRAINING

HALF-DAY IMMERSIVE EXPERIENCE

A deeper team experience combining nervous-system education, breathwork, reflection and practical integration.

Possible themes include:

Stress & Burnout Prevention · Resilience Under Pressure · Focus & Cognitive Performance · Leadership & Emotional Regulation · Recovery & Sustainable Performance

Investment: from €1,900 + travel & venue expenses

BESPOKE PROGRAMS AVAILABLE

Formats, content and practices can be tailored to the specific needs of your team

DISCLAIMER

Nervous-system capacity training is not a substitute for a healthy work environment. Employees should never be expected to become "resilient enough" to tolerate unreasonable demands, poor leadership, unsafe conditions or organisational dysfunction. **Employees are not the problem to be optimised.** Organisations remain responsible for healthy working conditions, psychological safety and adequate recovery. **Capacity training works alongside that responsibility** — strengthening people's ability to navigate inevitable pressure, change and complexity with greater awareness, adaptability and recovery capacity. With my background in strategic management, I can also support organisations in identifying systemic opportunities for healthier ways of working.





Simona Ray

Simona is a certified Meditation, Yoga & Breathwork teacher and Holistic Coach specialising in nervous-system regulation, sustainable performance and embodied self-leadership.

After experiencing burnout herself while working in marketing and management consultancy, she spent years studying meditation, breathwork and yoga across different traditions and training with teachers and practitioners from around the world.

Today, she works with ambitious people operating in high-pressure environments, translating these practices into simple, practical tools that can be integrated into everyday life.

Her work sits at the intersection of:
PHYSIOLOGY · PSYCHOLOGY · EMBODIMENT · LEADERSHIP

Trusted by innovative companies



Davorin
FOUNDER & PRESIDENT DATABOX INC.

Personally, I started to feel the toll of stress and despite being skeptical of anything spiritual, I gave breathwork a chance. Pursuing a deep Breathwork immersion with Simona helped me experience unprecedented calm and shift my energy on command. It's helping me to get to the other side of mental noise and that makes clarity a natural outcome.



Shauna
FOUNDING PARTNER, ALCHEMIST DEVELOPMENT LLC

We were looking into ways to bring more harmony to the team and the stress management workshop brought people closer together. Also, with an upcoming deadline, we can jokingly say to do breathwork when somebody's freaking out - it is accepted without offense and we move on productively.



Nik
PARTNER MANAGER, PINTEREST

Simona's virtual workshop kicked off our team's season of stressing less and accomplishing more. I now have a powerful tool to unwind on command and improve my mental & emotional well-being in just a few minutes a day - it's amazing how something so simple can make such a significant difference!



Build your team's *capacity*

Create healthier systems.
Equip people with better tools.
Perform without burning out.

BREATH EXPERIENCE · from €590
KEYNOTE · from €990
WORKSHOP · from €890
BESPOKE PROGRAMMES · by proposal

Pricing varies according to format, group size, location and degree of customisation.

Simona Ray

Nervous System Capacity · Breathwork · Sustainable Performance

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