



CORPORATE PROGRAMME SUMMARY

Your mental fitness gym

Commit to six months. Train your mental muscles.



BODY WISDOM 360 helps leaders and professionals strengthen focus, resilience and wellbeing through consistent, human-led practice. Short sessions that fit into the working day. Regular practice. 100% human — no app, no self-paced course. Your organisation joins a private cohort of up to ten people, with a regular session time agreed around your working schedule.

How the six months work

MONTH 1

Build your foundation

Four weekly 60-minute guided sessions introduce the four BODY WISDOM 360 methods. Participants experience each method, understand when to use it and discover what works for them.

MONTHS 2-6

Strengthen through practice

A 30-minute live online session each week to practise, reset and strengthen skills. Through consistent practice, participants build the mental muscles to regain focus, manage energy and perform well under pressure.



Breath

Use breathing to settle, regain focus and manage energy.



Tension release

Recognise held physical tension and release it during the working day.



Micro-movement

Workplace-friendly movement to notice the body's signals and respond.



Activating the senses

Return attention to the present, supporting safety and connection.

What participants experienced

100%
attendance

100%
satisfaction

"A sacred space in their calendar."

Pilot cohort participant

Our international pilot brought together 12 participants, including three internal team members, for six months of regular practice. Results reported from pilot attendance records and participant feedback.

Investment

CORPORATE PILOT INVESTMENT

US\$7,200

for a six-month cohort of up to 10 participants

Less than US\$28 per participant per week.

Weekly equivalent based on ten participants over approximately 26 weeks. The fixed cohort fee remains US\$7,200 with fewer participants.



HRD Corp claimable in Malaysia, subject to employer eligibility and applicable requirements. Documentation available on request.

What the cohort includes

Month 1	Four weekly 60-minute foundation
Months 2-6	sessions
6 Cohort	A 30-minute live online session every
Schedule	week Private, maximum ten participants
	Session time agreed around your working
Between	week
Delivery	Workbook, audio resources, private community space
	Live and online, 100% human-led

Who delivers it

Claudia C. Binder, founder of BODY WISDOM 360 and Room To Talk International — 20+ years of leadership experience, ICF-recognised, RTT®, EMDR, Ego State Therapy, Physical and Positive Intelligence practitioner. Supported by a team of ICF- and EMCC-accredited coaches.

NEXT STEP

**Book a free 30-minute
conversation with Claudia**

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