

TIER 02 · FUTURE CAPABILITY

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Mind-Body Integration: The Performance Edge Most Workplaces Ignore

Cognitive performance, emotional regulation, and physical capacity are not separate systems — they share the same nervous system. This talk shows how Equinox's mind-body-integration approach uses breath, mobility, and contemplative practice to elevate executive output without adding hours.

KEY TAKEAWAYS

- 01** Why the parasympathetic nervous system is the under-leveraged performance asset
- 02** The four mind-body tools that scale: breath, mobility, contemplative practice, sleep
- 03** How emotional regulation translates directly into decision quality under stress
- 04** Practical 10-minute morning and evening protocols any executive can adopt
- 05** How organizations can build environment cues that compound the practice
- 06** Where this overlaps with — and differs from — workplace mindfulness programs

AUDIENCE

Executive teams, founders, sales leaders, anyone whose performance is meaningfully affected by stress and decision quality.

FORMATS

- 45-min keynote
- 90-min interactive workshop with breath protocols
- Half-day intensive integrating movement + contemplative practice

SAMPLE AGENDA

- 0–10 min — The parasympathetic edge
- 10–30 min — The four mind-body tools
- 30–50 min — Emotional regulation and decision quality
- 50–70 min — The 10-minute protocols
- 70–85 min — Workshop: live breath practice
- 85–90 min — Q&A

SLIDE OUTLINE

- Slide 1 — One nervous system, three outputs
- Slide 2 — The parasympathetic asset
- Slide 3 — Breath, mobility, contemplation, sleep
- Slide 4 — Decision quality under stress

Slide 5 — The 10-minute protocols

Slide 6 — Environmental cues that compound

Slide 7 — Mind-body vs workplace mindfulness

SPEAKER POOL

Coach X-tier Coaches with the Mind-Body Integration specialty.