

Lead better transformations

CORPORATE WELLNESS

Program Guide

Nervous system regulation. Communication. Leadership.
Resilience. Breathwork. Human transformation.



HEALTHIER PEOPLE BUILD HEALTHIER TEAMS.



A Different Approach

Traditional workplace wellness often focuses on what employees should do: exercise more, sleep more, manage stress, communicate better, set boundaries.

Those things matter. But sustainable change becomes much easier when people understand why they react the way they do in the first place.

Our approach explores the connection between the mind, body, nervous system, emotions, behavior, communication, and environment. Participants learn how stress affects the body and brain, how automatic patterns develop, why certain situations trigger stronger responses than others, and how greater self-awareness can change the way they respond.

Then we practice it.

Through education, breathwork, nervous system regulation, reflection, and practical workplace application, employees are given tools they can actually use during real-life moments of pressure.

The goal is not to eliminate stress from the workplace. The goal is to build people who are better equipped to move through it.



The Ledbetter Transformation Method

The Ledbetter Transformation Method was originally developed to help individuals understand the patterns, experiences, beliefs, behaviors, and nervous system responses influencing their lives. Our corporate programs adapt those same principles for the workplace.

Instead of focusing exclusively on performance, we look at the human being behind the performance.

Participants develop greater awareness of their stress responses, communication patterns, emotional triggers, boundaries, beliefs, habits, leadership style, and relationship dynamics.

AS AWARENESS INCREASES, PEOPLE GAIN CHOICE.

- **Pause before reacting.**
- **Communicate rather than assume.**
- **Regulate rather than escalate.**
- **Recognize patterns instead of repeating them.**
- **Bring a healthier version of themselves into the workplace.**



Choose the Right Experience

6-WEEK CORPORATE RESET

A focused wellness and team-development experience centered on stress awareness, nervous system regulation, communication, resilience, boundaries, and burnout prevention.

12-WEEK WORKPLACE TRANSFORMATION

A deeper approach to people, leadership, culture, and sustainable performance. The program builds on the Reset and expands into emotional intelligence, confidence, trust, leadership, motivation, team dynamics, and long-term integration.

CORPORATE RETREATS + SPECIAL EVENTS

Customized experiences ranging from a focused 30-minute nervous system reset to immersive breathwork, leadership workshops, team retreats, conference sessions, employee appreciation experiences, and full corporate wellness days.

Not sure which fits your organization? Start with a complimentary Corporate Wellness Strategy Call.



THE 6-WEEK CORPORATE RESET

The 6-Week Corporate Reset is designed for organizations wanting to introduce nervous system regulation, breathwork, emotional wellness, communication, and resilience without committing to a longer leadership or culture-development program.

Each week combines education, guided experiential practices, team discussion, and practical tools that can be implemented immediately.

WEEK 1 | Awareness + The Stress Response

Understand how stress affects the body, brain, behavior, and performance. Recognize personal stress responses, triggers, and early signs of overwhelm.

WEEK 2 | Patterns + Programming

Identify automatic behaviors that show up under pressure and understand how learned patterns influence communication, relationships, and performance.

WEEK 3 | Regulation + Resilience

Learn practical nervous system and breathwork tools to regulate stress, recover from pressure, improve focus, and build resilience.

WEEK 4 | Communication, Conflict + Connection

Explore triggers, assumptions, defensiveness, listening, and communication patterns to navigate conflict and strengthen team connection.

WEEK 5 | Boundaries, Capacity + Burnout Prevention

Recognize capacity, workload, over-functioning, and boundary patterns while developing healthier approaches to responsibility and sustainable performance.

WEEK 6 | Integration + The Team Reset

Bring the tools together through reflection, team alignment, practical commitments, and an immersive breathwork experience focused on regulation and integration.



12-Week Workplace Transformation

WEEK 1 | Awareness + The Stress Response

Stress awareness, nervous system literacy, emotional regulation, and recognizing overwhelm before it becomes burnout.

WEEK 2 | Patterns, Programming + Workplace Behavior

Self-awareness, behavioral patterns, adaptability, personal responsibility, and leadership habits.

WEEK 3 | Regulation + Resilience

Stress recovery, focus, nervous system regulation, resilience, and emotional flexibility.

WEEK 4 | Communication, Conflict + Connection

Communication, conflict navigation, psychological safety, relational awareness, and team connection.

WEEK 5 | Boundaries, Capacity + Burnout Prevention

Healthy boundaries, sustainable performance, workload awareness, capacity, and personal accountability.

WEEK 6 | Integration + The Team Reset

Integration, team alignment, resilience, personal commitments, and sustainable workplace practices.



12-Week Workplace Transformation

WEEK 7 | Emotional Intelligence

Emotional awareness, empathy, interpretation, self-management, and interpersonal awareness.

WEEK 8 | Identity + Confidence

Confidence, self-trust, decision-making, leadership presence, perfectionism, and adaptability.

WEEK 9 | Trust + Team Dynamics

Team cohesion, accountability, trust, collaboration, consistency, and relational intelligence.

WEEK 10 | Leadership From Within

Leadership development, ownership, emotional maturity, accountability, influence, and integrity.

WEEK 11 | Purpose, Motivation + Meaningful Work

Engagement, motivation, organizational alignment, strengths, contribution, and purpose.

WEEK 12 | Vision + Sustainable Integration

Shared vision, healthy culture, sustainable practices, future alignment, breathwork, and guided integration.



Breathwork as a Workplace Tool

Breathwork is woven throughout both programs and can range from short regulation exercises to full immersive 9D Breathwork experiences.

Employees are never expected to perform, disclose personal information, or process private experiences publicly. The intention is to create an environment that is supportive, professional, trauma-aware, and appropriate for the workplace.

DEPENDING ON THE ORGANIZATION, SESSIONS MAY INCLUDE:

- Guided breathing and nervous system regulation
- Short reset practices employees can use during the workday
- Mindfulness and body-awareness exercises
- Guided visualization and reflection
- Music-supported breathwork
- Full immersive 9D Breathwork experiences using headphones and professionally produced audio journeys
- Integration and facilitated conversation following appropriate experiences

Breathwork is used as a practical regulation and reflection tool - not as a requirement for public disclosure or group processing.



What Employees Walk Away With

Recognize stress earlier

Notice personal warning signs and stress responses before they become overwhelm.

Regulate more effectively

Use practical tools to recover, refocus, and move through pressure.

Communicate intentionally

Identify assumptions, triggers, defensiveness, and more effective ways to respond.

Understand recurring patterns

Recognize learned behaviors and workplace patterns without shame or judgment.

Establish healthier boundaries

Differentiate capacity, responsibility, urgency, and over-responsibility.

Navigate conflict

Build curiosity, listening, accountability, and relational intelligence.

Contribute intentionally

Understand how individual behavior affects the larger team environment.

Integrate what they learn

Turn insight into repeatable practices that can continue after the program.



Flexible for Your Organization

Every company is different. Programs can be customized based on team size, leadership goals, workplace challenges, industry, scheduling needs, and organizational culture.

DELIVERY OPTIONS

ON-SITE**OFF-SITE****VIRTUAL****HYBRID**

PROGRAMS CAN BE DEVELOPED FOR:

Executive + leadership teams

Departments + cross-functional teams

Healthcare professionals

Educators + school teams

Sales organizations

High-pressure environments

Employee wellness initiatives

Company-wide programming

A Corporate Wellness Strategy Call helps us understand your environment first, then recommend the program structure, delivery format, and level of support that makes sense for your organization.



Why Work With Ledbetter Transformations?

We understand the workplace because we've worked inside it.

Before Ledbetter Transformations, founder Marlies Ledbetter spent nearly two decades working across corporate teams, enterprise environments, boutique organizations, and Fortune 500 companies.

Her experience spans Human Capital Management, employee training and development, conflict management, recruitment and onboarding, sales development strategy, team development, organizational health, and supporting the development of new locations.

That experience matters.

Ledbetter Transformations does not approach corporate wellness from the outside looking in. We understand deadlines, difficult conversations, competing personalities, leadership pressure, sales expectations, organizational change, employee turnover, team dynamics, and what happens when the human beings responsible for performance are running on empty.

Today, Marlies brings that corporate experience together with years of work in transformational coaching, nervous system education, subconscious patterns, emotional wellness, somatic practices, and breathwork.

We work at the intersection of human wellbeing and organizational performance.

Healthy workplace culture is created by healthier, more self-aware people practicing better ways of working together.



What Decision-Makers Need to Know

HOW MUCH TIME DOES IT TAKE?

Programs are scoped around your organization. Session length, frequency, and delivery format can be adapted to operational needs while preserving the integrity of the experience.

WHAT DO YOU NEED FROM US?

We begin with a strategy conversation to understand goals, team size, scheduling, environment, leadership priorities, and practical considerations for delivery.

WILL EMPLOYEES HAVE TO SHARE PERSONAL INFORMATION?

No. Employees are not expected to disclose private experiences or process personal material publicly.

CAN THE PROGRAM BE CUSTOMIZED?

Yes. Content emphasis, examples, delivery format, team structure, and experiential elements can be adapted to the organization.

HOW DO WE KNOW WHETHER IT WAS USEFUL?

Programs can include pre- and post-program feedback around stress awareness, regulation tools, communication, boundaries, team connection, and perceived usefulness.

IS THIS THERAPY?

No. This is an experiential workplace development and wellness program. It is designed to build awareness and practical skills, not provide psychotherapy.



Measuring the Experience

Corporate wellness should be useful in the real world. When appropriate, programs can include simple pre- and post-program feedback to help organizations understand participant experience and identify areas of perceived growth.

POSSIBLE FEEDBACK AREAS

- Ability to recognize personal stress responses
- Confidence using regulation tools during the workday
- Awareness of communication patterns and emotional triggers
- Confidence navigating boundaries and capacity
- Perceived team connection and relational awareness
- Understanding of recurring workplace patterns
- Perceived usefulness and applicability of program tools
- Intent to continue specific practices after the program

Measurement is designed to support learning and program improvement. We do not promise predetermined business outcomes or use employee wellness experiences as clinical assessment.



INVEST IN THE PEOPLE BEHIND THE PERFORMANCE

Companies spend enormous amounts of time improving systems, processes, technology, and strategy. Every one of those systems is being operated by a human being.

When people become more aware of how they think, respond, communicate, regulate, and relate to one another, something changes. Not because the workplace suddenly becomes stress-free. Because the people inside it become better equipped to navigate the stress together.

START WITH A CONVERSATION

Schedule a complimentary Corporate Wellness Strategy Call to discuss your organization, team size, goals, workplace challenges, and the right program structure.

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