

## Web3 Soft Skills Solutions Additional Features Section

Communicate like never before

I help you excel in what matters.

People. Community. Team. Well-being.

Transparency Engagement Trust

Contents

## For Your Entire Team

- Bi-weekly meditation in the private Discord Group
- Possibility to offer your team members one-to-one online treatments at a 25% discount

## For Your Verified Holders

- Bi-weekly meditation for your clients in your Telegram or Discord
- Possibility to offer your verified holders one-to-one online treatments at a 15% discount

Section: Bi-weekly meditation

# Overview Of The Benefits

Meditation has been shown to help with several physical and mental issues, fortifying you in both your personal and professional life.

01

Mental Benefits

- Anxiety management
- Better concentration
- Mental clarity
- Reduced depression
- Improved memory
- Lowered emotional reactivity

02

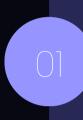
Physical Benefits

- Stress reduction
- Lower blood pressure
- Improved sleep
- Pain management

Section: Bi-weekly meditation

## Benefits Continued





## For The Team

- Calmer conversations
- Enhances collaboration
- Healthier work-life balance
- Prevents burnout
- Increases long-term productivity



## For The Investors

- Leads to more rational, data-driven investing
- Encourages long-term investment practices
- Healthier, calmer chatting

Section: Bi-weekly meditation

# Providing The Meditation

The meditations will be provided as live video meditations over Discord or Telegram every second week

#### **TEAM MEDITATION**

- Held in the private Discord group at a date and time that best suits us all
- The topic of the meditation can be decided upon beforehand

#### **INVESTOR MEDITATION**

- Held in your Discord or Telegram at a pre-determined time
- The topic of the meditation can be chosen by your investors, if they have a preference

Section: Discounted Treatments

# Personalized Online Treatments

Offer your team members and investors online treatments at a discount!

### **TEAM**

- 25% discount
- 75 USD/hour

### INVESTOR

- 15% discount
- 85 USD/hour

Schema Therapy

Childhood trauma Childhood traumas can cause lingering negative behaviour patterns, which can be treated with schema therapy

EFT & visualization

Fears and general stress

Emotional Freedom
Techniques (EFT) and
visualization are effective
at treating general stress
and fears with long-term
results

Disclaimer

Important to remember

While I am experienced in the above and have studied them for a long time, I am not a licenced psychotherapist and cannot treat serious problems, such as depression



### Get In Touch

Ready to enhance team morale, communication, and leadership? Strengthen your community and team, setting a new industry standard for Web3 projects with my comprehensive Web3 Soft Skills Solutions, including:

- Detailed interpersonal community and team audit
- Access to a private Discord group for video lessons on soft skills, psychological exercises, as well as in-depth lessons, questionnaires and a discussion forum
- Periodic surveys for your team and community
- Much more!

Contact me today to get started!



### Contact now!

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