



BERLIN WELL FOR TEAMS

Created by Marty,
Emotional Intelligence & Life Transformation
Coach, Breathwork and Mobility Facilitator,
blending 25+ years of international corporate
experience with emotional intelligence,
nervous system awareness, movement,
and real-life human connection.

A practical, grounded approach helping people
work, lead, communicate, and function without
running on empty.

Let's cut the program to your needs and build
something that truly fits your team.



A HUMAN-CENTERED WELLBEING EXPERIENCE FOR TEAMS

CUSTOM HUMAN RESET LAB

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CUSTOM HUMAN RESET LAB

Modern workplaces need more than pizza Fridays and stress webinars.

Berlin Well offers practical, human-centered wellbeing experiences combining emotional intelligence, nervous system regulation, breathwork, mobility, and communication tools that help people function, connect, and perform without running on empty.

Flexible, scalable, and tailored to real human needs.

MIX & MATCH OPTION

Sessions can be booked individually or combined into custom workplace wellbeing experiences. Create your own rhythm.

PROGRAMS → 4–8 week deeper transformation

ADD-ONS → 1:1 + Leadership support

STANDALONE EXPERIENCES → Breathwork + Bvibe + team reset sessions

DELIVERY OPTIONS:

- In-person
- Online
- Hybrid
- Team-based
- Cross-functional groups
- Leadership-only cohorts

LANGUAGES:

- ENGLISH
- POLISH



DESIGNED FOR:

- companies
- creative teams
- NGOs
- startups
- leadership groups
- schools & universities
- institutions
- community spaces
- conference programs
- retreat organizers

THE FULL RESET

8 WEEKS INTEGRATED PROGRAM

A deeper transformation journey combining all key Berlin Well pillars.

Built for teams ready to create sustainable habits, healthier communication, emotional resilience, and stronger workplace culture.

KEY ELEMENTS

- Nervous system regulation
- Emotional intelligence
- Stress & burnout prevention
- Communication under pressure
- Breathwork
- Mobility & body reset
- Recovery & resilience tools
- Sustainable performance
- Team connection
- Integration & long-term habits

BEST FOR:

Teams seeking full-spectrum support.



4 WEEKS FOCUS PROGRAMS



RESET

RECOVER BEFORE BURNOUT
FOCUSED ON RESTORING
ENERGY, REDUCING
OVERWHELM, BUILDING
REGULATION AND RECOVERY
HABITS.

- STRESS AWARENESS
- NERVOUS SYSTEM TOOLS
- BREATHWORK
- BODY RESET
- BOUNDARIES
- ENERGY MANAGEMENT
- RECOVERY PRACTICES



CONNECT

BETTER HUMANS. BETTER
COMMUNICATION.
FOCUSED ON EMOTIONAL
INTELLIGENCE, TRUST,
COMMUNICATION, AND
HEALTHIER TEAM DYNAMICS.

- EMOTIONAL AWARENESS
- COMMUNICATION UNDER PRESSURE
- ACTIVE LISTENING
- EMPATHY
- CONFLICT TOOLS
- PSYCHOLOGICAL SAFETY
- TEAM CONNECTION



EXPAND

GROW WITH CLARITY.
FOCUSED ON RESILIENCE,
CREATIVITY, ADAPTABILITY,
LEADERSHIP PRESENCE, AND
SUSTAINABLE GROWTH.

- RESILIENCE
- CONFIDENCE
- EMOTIONAL FLEXIBILITY
- CREATIVE THINKING
- ADAPTABILITY
- LEADERSHIP MINDSET
- SUSTAINABLE MOMENTUM

ADD-ONS & STANDALONE SESSIONS



1:1 SUPPORT

CONFIDENTIAL INDIVIDUAL SESSIONS FOR DEEPER PERSONAL SUPPORT.

IDEAL FOR:

- OVERWHELM
- CONFIDENCE
- STRESS
- COMMUNICATION
- EMOTIONAL REGULATION
- BURNOUT PREVENTION

BVIBE & BREATHWORK SESSIONS

Combination of mobility, somatic shakes, playful movement, release, and nervous system activation. Designed to help people reconnect with the body, reduce tension, and reset through movement.

CAN BE OFFERED AS:

- ENERGIZERS
- CONFERENCE BREAKS
- TEAM ACTIVATION
- DAILY WELLBEING ACTIVITIES
- CREATIVE RESET
- RECURRING OFFICE MOVEMENT
- OUTDOOR EXPERIENCES



LEADERSHIP REGULATION SESSIONS

FOR FOUNDERS, MANAGERS, HR & LEADERSHIP TEAMS.

FOCUS:

- EMOTIONAL REGULATION
- DIFFICULT CONVERSATIONS
- DECISION MAKING
- TEAM ENERGY & CULTURE
- SUSTAINABLE LEADERSHIP