



STRESS MANAGEMENT

Active resilience from professional sport



„ONLY THE WILL
DOES NOT BRING
RESULTS.
IT'S WHAT YOU DO
THAT COUNTS.“

Nadine Rass

World Tour Golfprofessional
Master Resilience Trainer

Nadine Rass
Mind • Nature • Sports



OUR MISSION:

TO MAKE MANY PEOPLE IN
THE DIGITAL BUSINESS
WORLD **FIT FOR STRESS.**

“As an athlete in professional sport, I was used to implementing useful strategies immediately.

In today's business world, things are similar - with one big difference: countless tasks distract you from maintaining a healthy balance.

We give you efficient resources to ride the wave instead of drowning in it.

UNLEASH YOUR PERFORMANCE!”

Nadine Rass
Mind • Nature • Sports

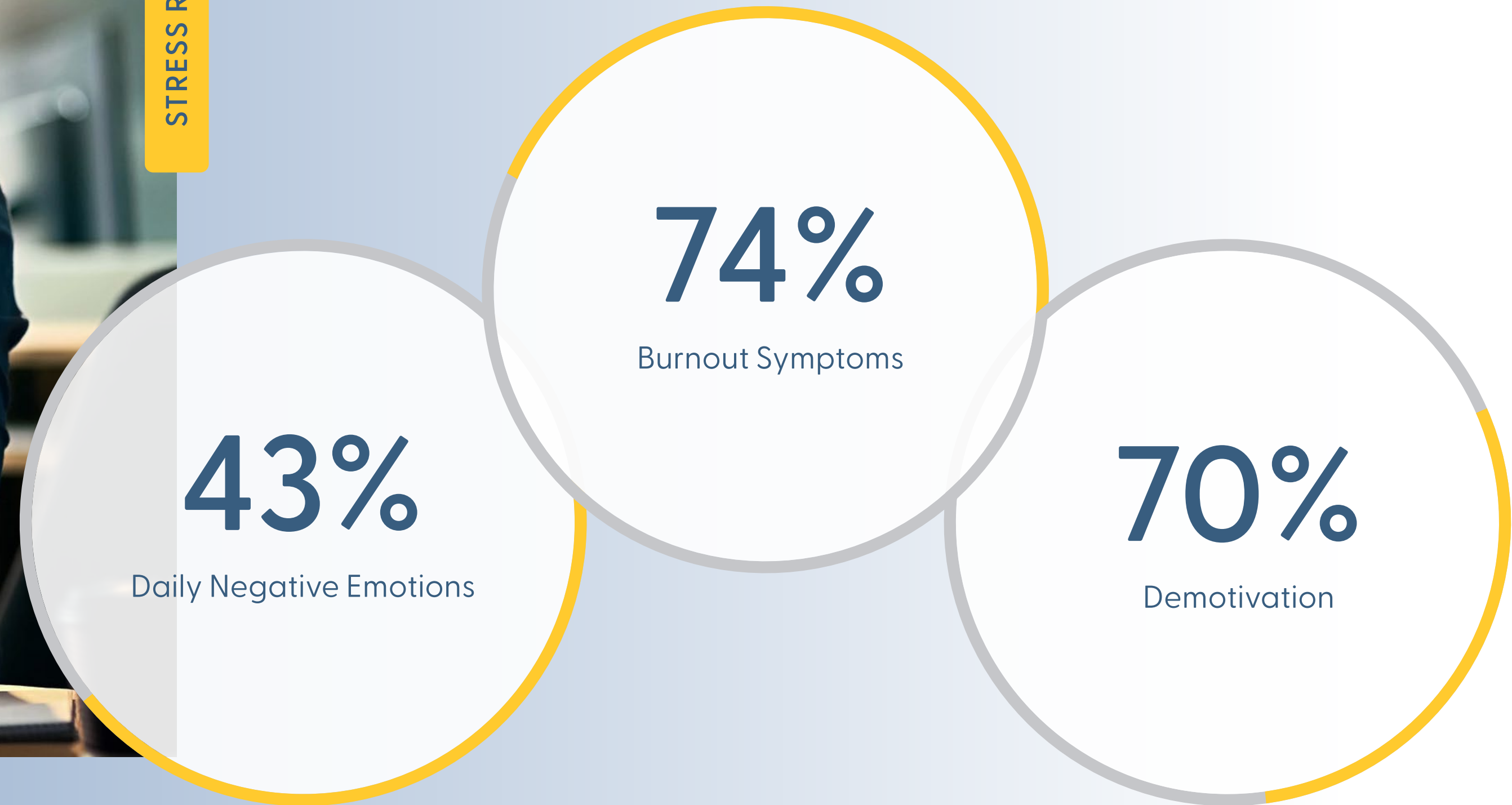
WHY ACTIVE RESILIENCE?

Stress management with the RESPIRE Academy





STRESS REACTIONS



GLOBAL WORK LEADERS

Gallup Research 2023



UNLEASH YOUR
PERFORMANCE.

STRONG MIND

Reach your target with a clear head

Mental training for elevated stress levels

Motivation & Concentration

Boosting your self-confidence

Striving for perfection

ACTIVE BODY

Soft movement with music

Brain stimulation

Power Qi Gong for Mindfulness

Balance, Coordination & Agility

Core & Spine Stability

NEURO CELL

Tools for acute stress

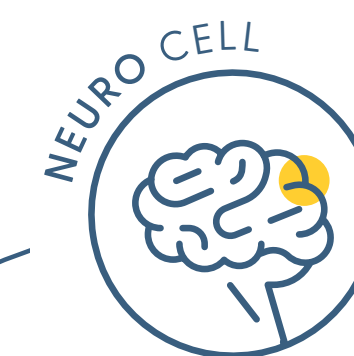
Vagus nerve training

Empower Neuro Resources

WingWave Stress Memories

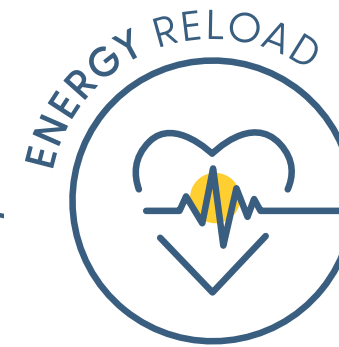
Psychoneuroimmunology coaching

Holistic Health Concept



Nadine Rass
Mind • Nature • Sports

by
Nadine
Rass



POWER FOOD

Nutrition and delicious treats

Metabolism for
efficient performance
Microbiome & the Endric Nervus System
Mind Monkeys Foodplan

ENERGY RELOAD

Have a break for recovery

Respiration
Tools for a restful sleep
Muscle relaxation & your body journey
Active regeneration

PURE NATURE

Outdoor training reduces density stress

Oxygen for the brain & muscles
Widen focus & feel grounded
Integrate the elements
Nature as outstanding power host

UNLEASH YOUR PERFORMANCE

Stress management from professional sport



ESG

WE MAKE YOU FIT FOR STRESS.

The modern leaders of the digital working world are challenged. The resources from the Holistic Health Concept maintain mental health and support specialists in company performance.

The high workload brings with it many challenges and little time. The short training sessions are flexible in terms of time and location and can be used at any time. The bookable live event with Nadine Rass motivates and raises awareness of the topic in a humorous way. Every month, current situations from the company are highlighted in the live calls and anonymous questions can be put to the expert.

The ESG-compliant Mental Health Programme can be integrated directly into the daily work routine. The Help Yourself Toolkit provides immediate support for independent performance optimisation.

MOVING DAY

For a shared team spirit

LIVE EVENT IN/OUTDOOR

LEADERSHIP COACHING DAY

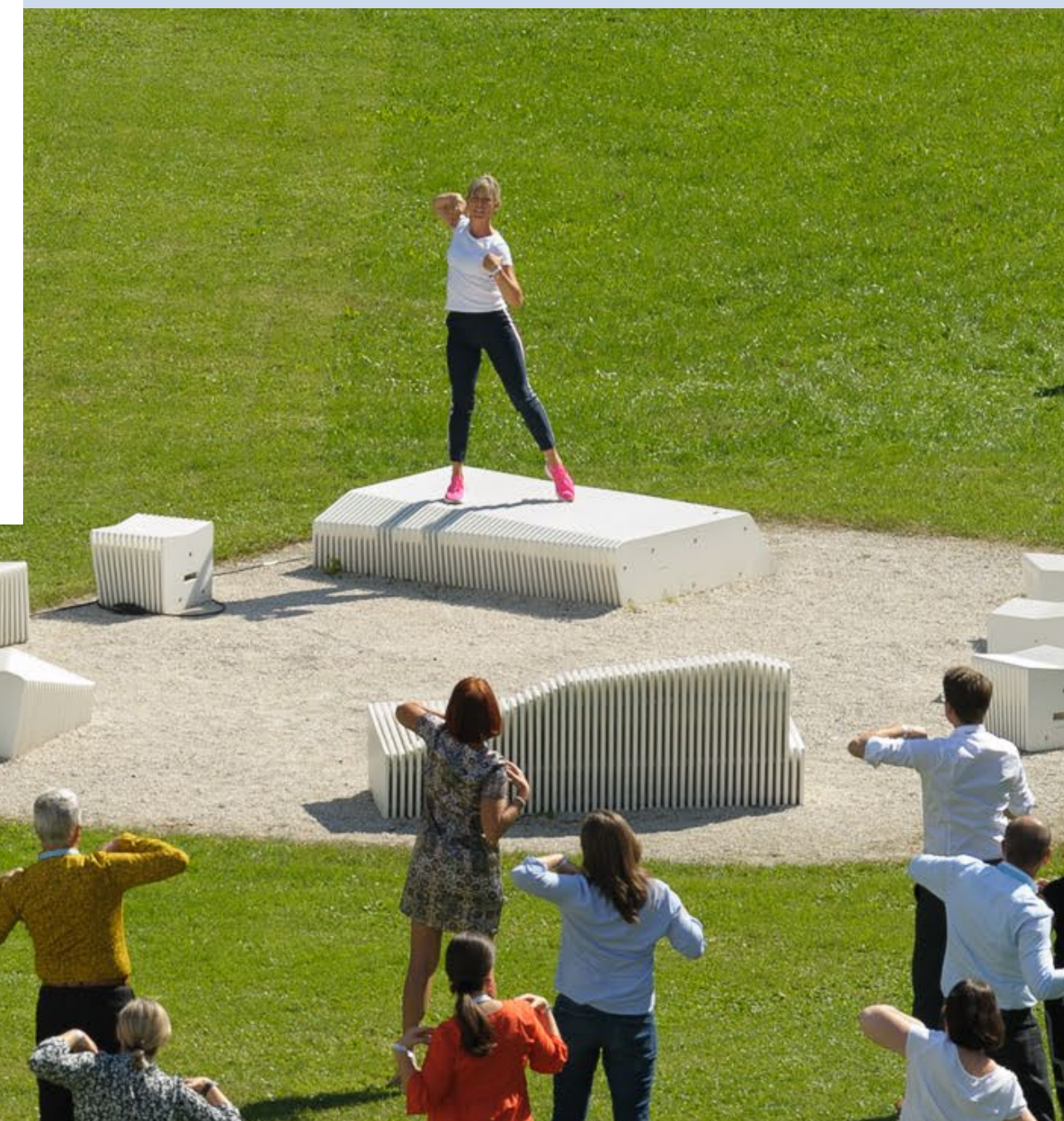
3-6 hours in the group (with GOLF activity programme on request)

ACTIVE RESILIENCE

3 parts of our HOLISTIC HEALTH CONCEPT

LOCATIONS: Companies Choice, Inhouse, Europahaus Vienna, Verdura Sicily

PRICE ON REQUEST



ON STAGE COACHING

Thinking outside the box to motivate leaders



IMPULSES & ACTIVE PROGRAMME

KEYNOTE AS EVENT & CONGRESS HIGHLIGHT

MOTIVATING STORYTELLING
WITH COACHING TOOLS FROM PROFESSIONAL SPORTS

UNLIMITED PARTICIPANTS: IN/OUTDOOR | 45 OR 90 MINUTES

PRICE ON REQUEST

1. **UNLEASH YOUR PERFORMANCE** | The Base - Resilience for the cognitive performer
2. **WORK (OVER)LOAD** | OnOff Mode - How to catch your own mindmonkeys
3. **THE LION STRATEGY** | Pressure & Fear - Reframe negative emotions
4. **THE PRIORITY CHECK** | Decision & Time - Focus on the essentials
5. **THE ROPE DANCING HAMSTER** | Agility - Your upload in traditional system
6. **CHANGE MANAGEMENT** | Fast Recovery - Free your mindmonkeys from the swamp
7. **OUT OF THE BOX** | OUTstanding, OUToforder, OUTofbounds - Become aware of yourself
8. **LADIES POWER** | For ladies only - My path as an entrepreneur and lateral thinker with 3 children

IMPULSE TOPICS 2024/25

HOW TO CATCH
YOUR MIND MONKEYS



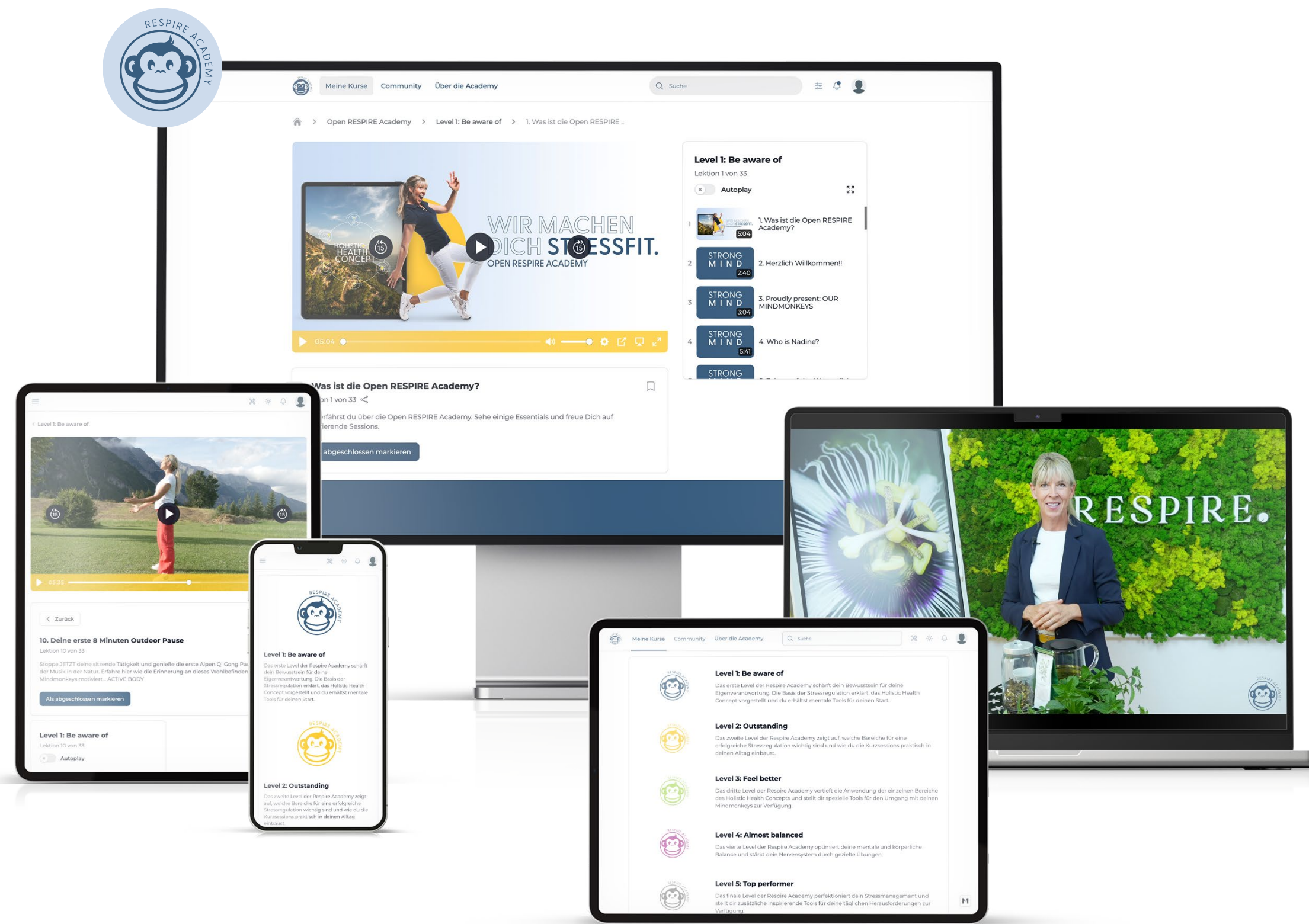
ON STAGE COACHING

Impulse topics 2024/25 to choose from

RESPIRE ACADEMY

REsilienceSPortsInspirationREcovery

RESPIRE – WE MAKE YOU FIT FOR STRESS



Digital Mental Health Support with the top trainer.
6 months of holistic support with all tools for stress regulation.

The complete **HOLISTIC HEALTH CONCEPT** in 5 levels
with 165 audio & video sessions for use anywhere and at any time

EVENT | GROUP LIVE CALLS | RESCUE JOKER
expandable as a module

Company licences for 15 or more people | PRICE SETTING ON REQUEST





Our Testimonial 2024:

“In a world that is changing ever more rapidly, top management is particularly challenged.

High performers in sport, but also in management, need the best coaches to deliver top performance.

Nadine Rass and her RESPIRE team are undoubtedly among these outstanding coaches.”

Dr. Peter Schwab

Member of the Management Board of Voestalpine AG

Chairman of Voestalpine Metal Forming GmbH

HEALTH

MAKES YOU SUCCESSFUL

Nadine Rass
Mind • Nature • Sports

OUR CUSTOMERS

Good partnership is important for us...

PLANSEE
The Plansee Group

 Microsoft


QIAGEN

voestalpine
ONE STEP AHEAD.

FESTO

LSZ
FUTURE CONNECTIONS

ZIMAX
50 Jahre Vertrauen

XING 

Louis
Widmer
SWISS DERMATOLOGICA



UNIQA

SBS
Salzburger Banken Software


**Quellenhof
Leutasch**
★★★★S

*gepard***ec**

summereder
pichler
wächter  stecher
grander
rechtsanwälte

 **ASFINAG**

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CONTACT & BOOKING

INVEST IN
STRESS MANAGEMENT AND
SUCCESSFULLY OPTIMISE
THE HEALTH OF
THE ENTIRE TEAM.

RESPIRE EST. | LANDSTRASSE 123 | FL - 9495 TRIESEN
Christoph Holzknicht | Head of Management

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