



SYMMETRY

CHANGE YOUR RELATIONSHIP WITH STRESS

WORKPLACE WELLNESS PROGRAMS

WE HELP BUSY TEAMS LIKE YOURS TAKE BACK CONTROL OF THEIR LIVES.

**So that they have more time,
more energy, and less stress.**

Burnout is draining your team's performance—and it's costing you more than you think.

Our programs have helped teams at Nike, Hilton, and Faherty reduce stress, improve focus, and create healthier, higher-performing workplaces.



ABOUT US

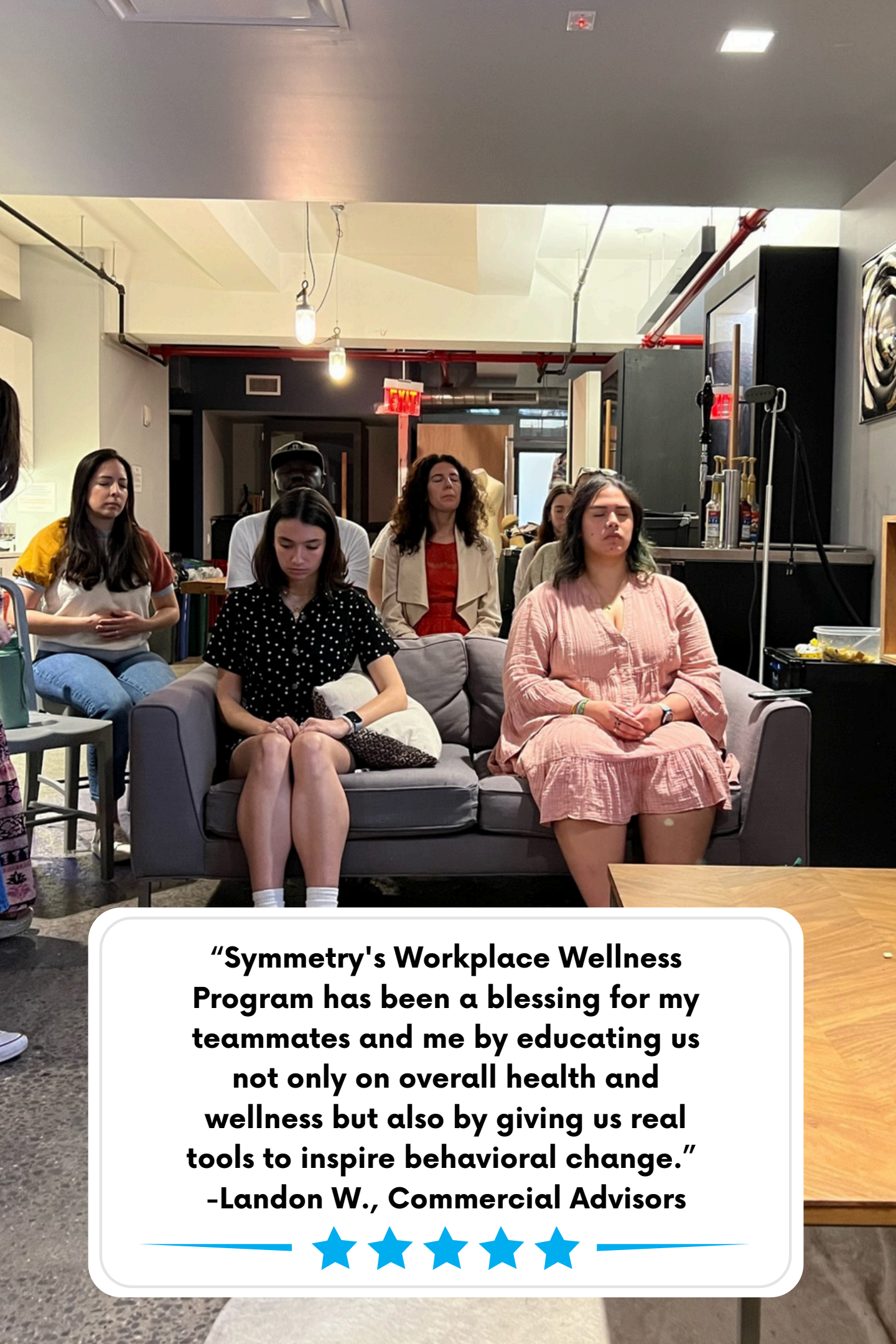
Company History

Taylor Somerville founded Symmetry in 2018 after working in the investment business for 15 years. Taylor was over-stressed, anxious, short-tempered, and felt like he was out of control. He discovered breathwork and other key practices as a way to deal with the stress and anxiety in his personal and professional life. Through breathwork, Taylor was able to learn how to respond to stressful situations in a productive manner rather than reacting.

After seeing the positive changes in himself, Taylor felt a calling to help others improve their own stress management, anxiety, performance, and overall health and wellness. We all struggle with these issues at some point in our lives but there are tools we can use to better prepare ourselves to handle stress.

From high-level executives to pro-athletes, weekend warriors to stay-at-home parents, Symmetry works with businesses and individuals to improve their overall health and performance. Our methods involve simple but not easy tools that everyone can incorporate into their day-to-day lives.





STRESS IS COSTING YOU AND YOUR COMPANY MORE THAN YOU REALIZE

73% of sales professionals rate their role as "highly stressful" (PayScale).

High-pressure companies have 50% higher healthcare costs (Harvard Business Review).

Burnout contributes to missed deadlines, absenteeism, disengagement, and turnover.

Work has been the #1 source of employee stress since 2019 (APA).

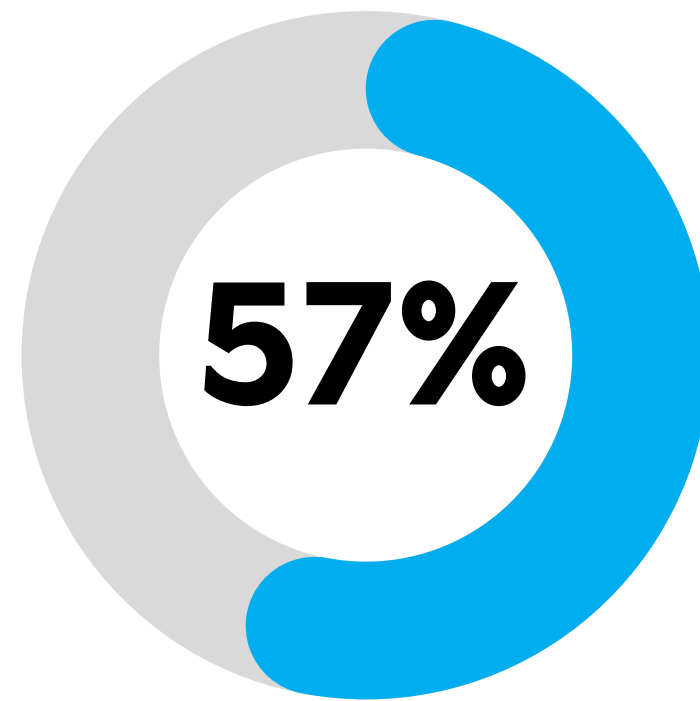
48% of employees with poor wellbeing are actively looking for a new job, compared to only 11% of those who feel supported (SHRM, 2024).

"Symmetry's Workplace Wellness Program has been a blessing for my teammates and me by educating us not only on overall health and wellness but also by giving us real tools to inspire behavioral change."
-Landon W., Commercial Advisors



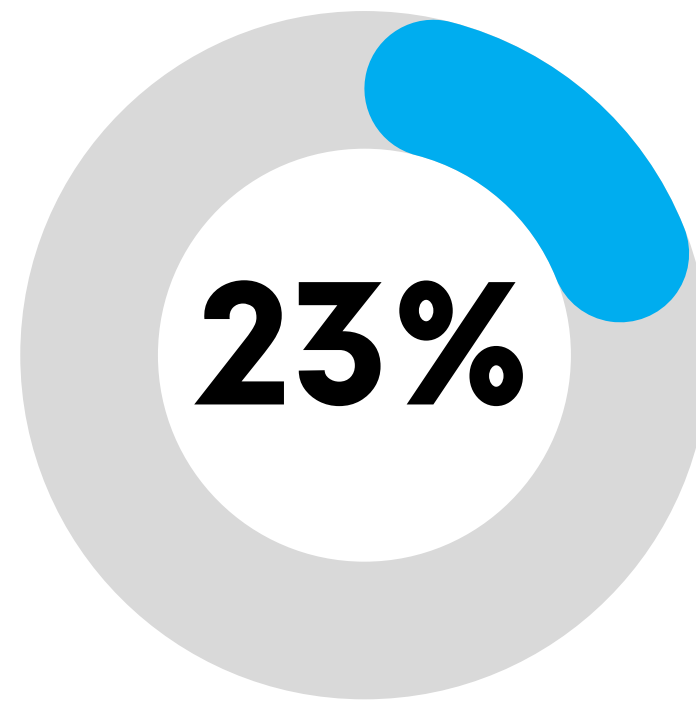
SYMMETRY WORKPLACE WELLNESS AS A COMPETITIVE ADVANTAGE

Your people are your edge. Their health is your competitive advantage.



57% of employees would stay at a company that prioritizes wellbeing, even if offered more money elsewhere.

Qualtrics (2023)



Companies in the top quartile for employee wellbeing report 23% higher profitability and 66% lower absenteeism.

Gallup (2023)

\$250B

Improving workplace mental health could add up to \$250 billion annually to the U.S. economy through improved productivity and reduced turnover.

Mckinsey's Health Institute

4X ROI

For every \$1 invested in mental wellbeing, companies see a \$4 ROI.

Deloitte (2022)

WORKPLACE WELLNESS PROGRAMS MAKE A DIFFERENCE

Investing in your team's well-being isn't just a perk—it's a proven strategy for performance and growth..



Wellness Culture = Market Outperformance

Companies with strong wellness cultures see stock performance outpace the **S&P 500 by 2–3x over 14 years**

Institute for Health and Productivity Management



Breathwork Improves Leadership

Leaders report **better emotional regulation, clearer communication & conflict resolution**

Harvard Business Review, 2022



Breathwork Beats Burnout

Daily breathwork **reduces burnout & improves sleep quality** in employees.

Journal of Occupational Health Psychology, 2020



Well-Being = Financial Growth

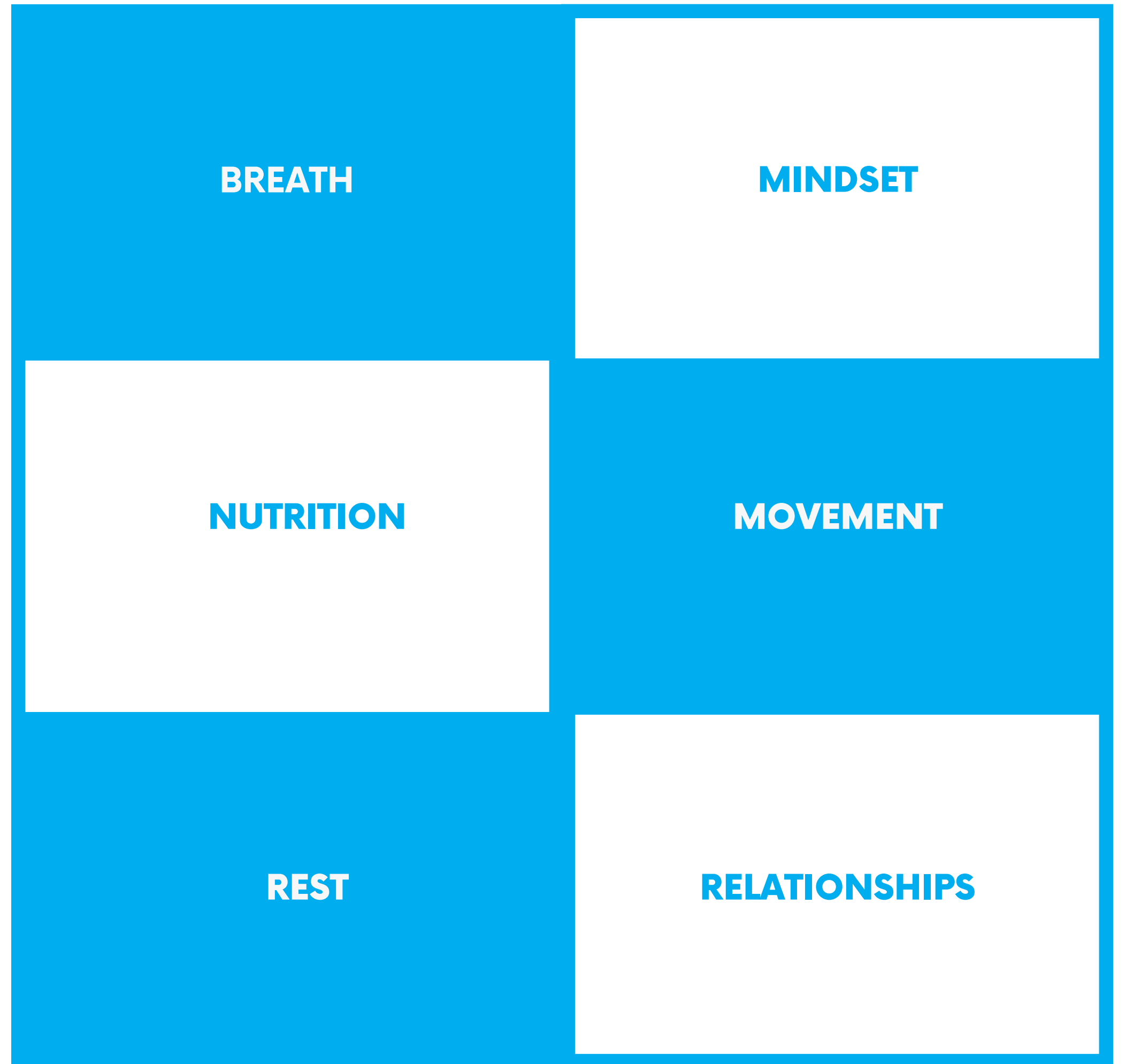
- **4.2x** more likely to outperform peers
- **+30%** revenue growth
- **5%↓** in employee turnover

McKinsey Health Institute, 2023

SYMMETRY'S SOLUTION: THE SYMMETRY 6

Breath is the fastest lever to shift from stress to calm, from reaction to response.

Our science-backed practices are simple, practical, and built for busy teams who need results, not fluff.



SAMPLE WORKPLACE WELLNESS AT A GLANCE

WHAT TO EXPECT

- **3 in-person monthly meetings** with Symmetry coaches
 - **RESET** - Stress regulation
 - **RECHARGE** - Sleep and Rest
 - **ALIGN** - Mindset and Mental Resilience
- **Private online Mighty Networks space**
 - For accountability, additional resources and access to a coach for questions.
- **Month-long Reset**
 - Includes bite-sized daily breathwork, meditations, and movement sessions plus reflection questions - accessed through Mighty Networks.
- **Digital version of the Symmetry Journal**
 - A simple, daily journal to help build daily rituals, focus on goals, and bring clarity to your life.
- **Optional Add-On:** 1:1 performance coaching sessions for key team members.

SESSION ONE: RESET

Stress Regulation

The RESET session introduces your team to the most powerful lever for improving performance: the breath. In this foundational workshop, participants learn how to use simple, science-backed breathing techniques to regulate the nervous system, shift out of stress states, and regain a sense of calm and focus — even in high-pressure moments. Through practical exercises and real-world applications, RESET builds awareness of how stress shows up in the body and equips employees with tools they can use anytime, anywhere to reset their physiology and respond to challenges with clarity and control.

Session details:

- Learn about stress, the nervous system, and how our breath impacts how we feel, think, and act.
- Participants will leave with a basic understanding of stress and the importance of increasing their stress threshold.
- Begin to incorporate daily practices to repattern your unconscious behaviors.
- Participants will learn techniques to incorporate into their lives to improve their ability to handle stress and become more productive and resilient.
- Calming breathwork session.
- Resources and recap for quick reference to be posted in Mighty Networks.

SESSION TWO: RECHARGE

Sleep and Rest

RECHARGE builds on the foundation of RESET by focusing on recovery. In this session, participants learn how to manage their energy more effectively, balance their stress response, and implement daily recovery practices that support long-term resilience. A central focus is on sleep — one of the most underutilized yet powerful tools for improving cognitive function, emotional regulation, and physical performance. We provide practical strategies to improve sleep. By integrating these tools into their routines, employees not only reduce the risk of burnout but also unlock their body and mind's full capacity to perform, adapt, and thrive.

Session details:

- Reframe your mindset around stress. Learning to adopt the Stress + Rest = Growth mentality.
- Educate on the importance of sleep for mental performance; diving into the science of sleep and why getting optimal rest is crucial to mitigating stress.
- Provide framework for good sleep hygiene to support quality rest.
- In an effort to support rest and recovery, we explore a breath practice with tools designed specifically for winding down to prep the body and mind for rest.
- Resources and recap for quick reference to be posted in Mighty Networks.

SESSION THREE: ALIGN

Mindset and Mental Resilience

ALIGN helps employees build the mental clarity, emotional control, and intentional focus needed to perform at their best — even in high-pressure environments. Grounded in Symmetry's belief that we all have the power to choose our response, this session teaches participants how to pause between stimulus and reaction, shift from reactivity to intentional action, and align daily behaviors with their bigger goals. By strengthening awareness and mindset — the glue that holds health and performance together — employees improve decision-making, communication, and resilience. The result is a more focused, adaptable, and purpose-driven team capable of thriving through change and challenge.

Session details:

- Explore the power of mindset and how awareness drives meaningful change.
- Learn to create space between stimulus and response to act with intention.
- Build tools to reframe challenges and decision-making under pressure..
- Understand how self-talk and perspective shape behavior and performance.
- Leave with daily practices to strengthen focus, adaptability, and decision-making.
- Resources and recap for quick reference to be posted in Mighty Networks.

WHAT TEAMS SAY ABOUT SYMMETRY



Whitney Knight, Hilton Corporate

"**The breathwork techniques we covered gave me a foundation** I can revisit daily to help me center, focus, and decompress. **This should be a self-care tool in everyone's toolbox**, and the busier or more stressed you are, the more valuable this work is."



Bernard Bussie, Process Manager - Last Mile Operations, Nike

"Symmetry came out to Nike to facilitate a breath workshop for our team. It happened right as we prepare to deliver yet another successful holiday. During the workshop, **they provided educational awareness about the power of breath.** Then led us through an exercise that **provided everyone with a sense of calm, allowing us to unlock our full potential, deliver the ultimate consumer experience, and be ready always.** Thank you, Taylor and Lauren, we had fun, and the team thoroughly enjoyed your coaching, providing us with new techniques on breathing! THANK YOU!!!"



Kerry Docherty - Co-Founder + Chief Impact Officer, Faherty Brand

"Taylor and Lauren from Symmetry **provided deeply practical and necessary tools to our team** for managing stress and accessing a breath of peace during the day. **Highly recommend to any business, school, individual** who believes that through the breath, much can be healed."

WORKPLACE WELLNESS CLIENTS

VISTAGE



next level
LEADERSHIP

BARNHART



SATORI CAPITAL

stryker

frontdoor.



READY TO ELEVATE YOUR TEAM'S WELL-BEING AND GET RESULTS?

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WWW.SYMMETRY.LIVE



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OUR TEAM

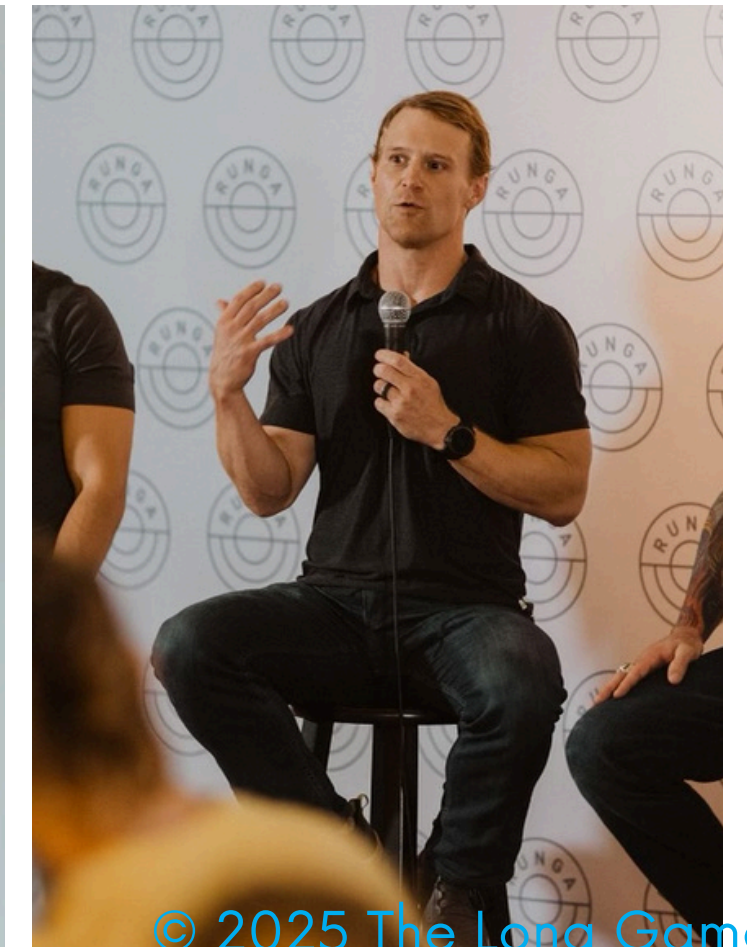
TAYLOR SOMERVILLE - Founder + CEO

Before launching Symmetry in 2018, Taylor spent over 15 years in the investment industry, working with some of the country's largest hedge funds and commodity trading firms. The intense demands of that career led him to explore breathwork, movement, and recovery as tools for resilience and high performance—and ultimately inspired his career shift.

Taylor is one of only six XPT Master Coaches worldwide and a Breath Science Certified Practitioner. Through XPT, the performance lifestyle system founded by Laird Hamilton and Gabby Reece, he gained deep expertise in breathwork, contrast therapy (heat and ice), and nervous system regulation. The Breath Science Certification deepened his knowledge of breathing, the nervous system, and how we respond to stress.

A lifelong athlete and competitor, Taylor lives what he teaches. He has completed the 24-hour World's Toughest Mudder, multiple ultra-endurance events, and the grueling 100-mile Leadville Trail Race. He also trains regularly with a blend of strength work, yoga, breath practice, and recovery.

Taylor lives in Memphis with his wife, Caroline, their daughter, and two dogs.



OUR TEAM

LAUREN VESTAL - Coach

After spending nearly two decades in the fast-paced fashion industry and as a mother of two, Lauren understands firsthand the challenges of learning to manage stress in demanding environments.

A certified XPT breathwork coach, 500-Hour Experienced Registered Yoga Teacher, and certified Pilates instructor, she empowers people to take control of their lives with practical strategies for stress management, better sleep, healthy movement and mindful living.

In her own life, these practices give her the tools to slow down, notice, and create more space to be able to respond instead of react.

Lauren is also a TEDxMemphis speaker.

