



SYMMETRY

CHANGE YOUR RELATIONSHIP WITH STRESS

**REDUCING BURNOUT RISK IN
HIGH-PRESSURE TEAMS**

WE HELP ORGANIZATIONS REDUCE BURNOUT RISK AND IMPROVE PERFORMANCE UNDER PRESSURE.

**So leaders and teams can think
more clearly, communicate
better, and execute when it
matters most.**

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 build high
performing teams



WHY WE DO THIS

Company History

Taylor Somerville founded Symmetry in 2018 after a 15-year career in the investment industry, where the constant pressure left him stressed, reactive, and burned out. Searching for a better way to perform under pressure, he discovered breathwork and recovery practices that transformed how he responded to stress, both professionally and personally.

Experiencing those changes firsthand inspired Taylor to help others build the same skills. Today, Symmetry helps organizations reduce burnout risk and improve performance by teaching practical, science-backed stress regulation tools that strengthen focus, resilience, and decision-making under pressure.

From executives and frontline teams to professional athletes, Symmetry's methods are simple, practical, and designed to fit into everyday life.



STRESS IS ERODING PERFORMANCE

Burnout isn't just a people issue, it's an operational risk.

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

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).

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

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

"Symmetry's 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



STRESS REGULATION IS THE ANSWER

Organizations that invest in stress regulation outperform those that don't.



For every \$1 invested in mental health, companies see a **\$4 ROI. (Deloitte 2022)**

Companies in the **top quartile** for employee wellbeing report **23% higher profitability. (Gallup 2023)**



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

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

McKinsey Health Institute, 2023

HOW WE WORK WITH TEAMS

From a single workshop to a multi-session program.

RESET	STRESS REGULATION SERIES	CONNECT
Standalone Workshop	3- or 4-Session Series	Team Experience
60-90 minutes	Monthly or customized cadence	2 hours
Virtual or in person	Virtual, in person, or hybrid	In person
Regulate the stress response	RESET, RECHARGE, ALIGN (CONNECT optional)	Perform together under pressure
Great for conferences, leadership meetings, and team training	Builds long-term resilience and performance	Ideal for off-sites and leadership retreats

Flexible delivery:

RESET, RECHARGE, and ALIGN can be delivered virtually, in person, or as a hybrid program. CONNECT is designed as an immersive in-person experience.



SESSION ONE: RESET

Regulate the stress response.

RESET equips teams with practical stress-regulation skills that reduce burnout risk and restore focus and cognitive performance under pressure. Participants learn science-backed breathing techniques to regulate the nervous system and respond to high-pressure situations with greater clarity, composure, and control.

Participants will leave able to:

- Recognize how stress affects decision-making, focus, and performance.
- Regulate their nervous system in high-pressure moments.
- Interrupt automatic stress responses before they escalate.
- Restore clarity and cognitive performance in real time.
- Build a repeatable stress regulation practice for work and life.



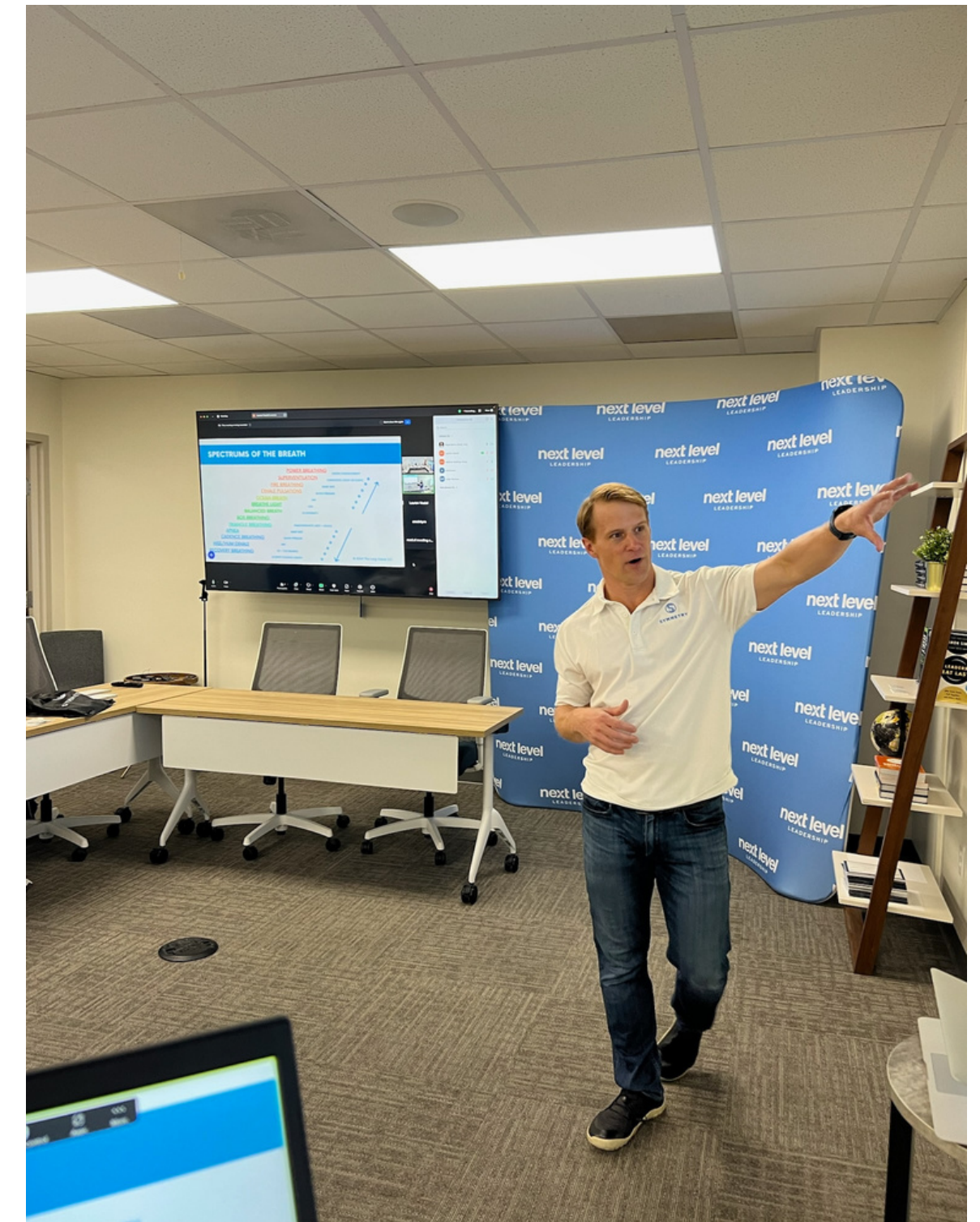
SESSION TWO: RECHARGE

Recover to sustain performance.

RECHARGE builds on RESET by strengthening recovery, one of the most overlooked drivers of sustained performance, and reducing burnout risk. Participants learn the science of sleep and practical recovery strategies that improve cognitive performance, emotional regulation, and resilience. They leave with practical recovery habits that improve energy, reduce burnout risk, and sustain high performance over time.

Participants will leave able to:

- Understand how sleep and recovery influence focus, decision-making, and resilience.
- Build habits that support restorative sleep and sustained energy.
- Apply recovery strategies that improve daily performance.
- Use breathing techniques to shift from high alert to recovery.
- Build a sustainable recovery routine that supports long-term resilience and reduces burnout risk.



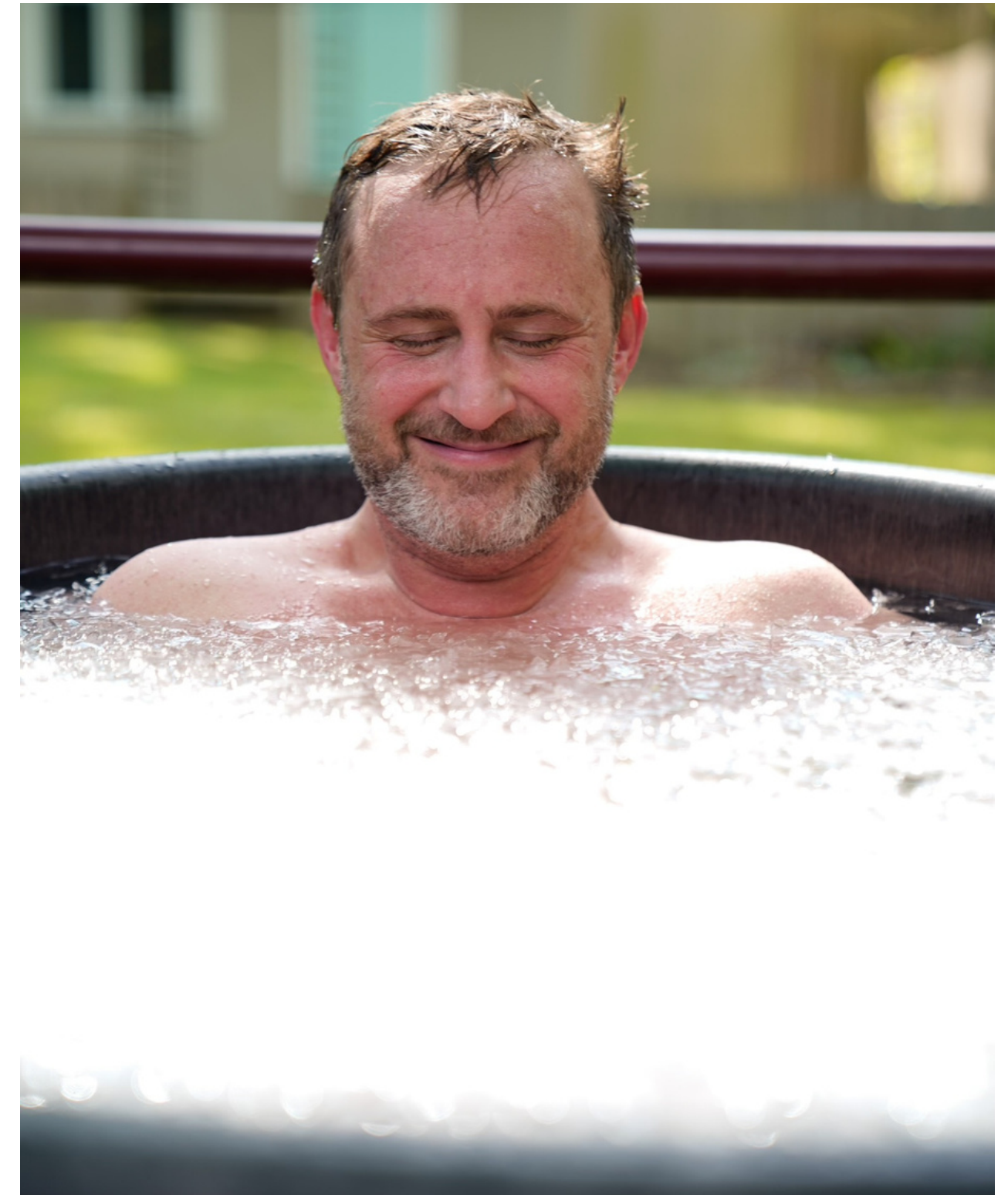
SESSION THREE: ALIGN

Think clearly under pressure.

ALIGN builds on RESET and RECHARGE by strengthening the mental habits that support clear thinking, better decisions, and consistent performance under pressure. Participants learn practical strategies to improve self-awareness, regulate emotional responses, and respond with greater intention. They leave with a repeatable framework that strengthens focus, communication, resilience, and decision-making in demanding environments.

Participants will leave able to:

- Recognize how thinking patterns influence performance and decision-making.
- Respond with greater intention under pressure.
- Reframe challenges with a more resilient perspective.
- Strengthen focus, communication, and emotional regulation.
- Build daily habits that support sustained performance and resilience.



SESSION FOUR: CONNECT

Perform together under pressure.

CONNECT builds on the skills developed throughout the series by strengthening trust, collaboration, and team performance under pressure. Participants learn how shared challenges, guided breathing techniques, and optional heat and cold exposure reinforce resilience, communication, and connection. They leave with a shared experience and practical strategies that strengthen team relationships, improve collaboration, and sustain high performance.

Participants will leave able to:

- Apply stress regulation skills in a team setting.
- Strengthen trust through shared challenge and recovery.
- Improve communication and collaboration under pressure.
- Practice breathing techniques that support resilience and focus.
- Build stronger team connections that sustain performance over time.



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 **provided 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, 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**

"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, or individual** who believes that through the breath, much can be healed."

TRUSTED BY

VISTAGE



next level
LEADERSHIP

BARNHART



SATORI  CAPITAL

stryker

frontdoor.



READY TO BUILD A TEAM THAT PERFORMS WHEN THE PRESSURE IS ON?



BOOK A DISCOVERY CALL

EMAIL: TAYLOR@SYMMETRY.LIVE

WWW.SYMMETRY.LIVE



YOUR COACH

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 son, and two dogs.

