

Unlock Peak Performance Through

INCREASE YOUR PRODUCTIVITY LEVELS

DECREASE YOUR BURNOUT LEVELS



NERVOUS SYSTEM REGULATION

WITH NIKKI VOXX

THE FUTURE OF BUSINESS & TEAM WELLBEING...

Did you know that 80% of your business is influenced by your nervous system? The state of your nervous system affects your performance, client interactions, decision-making, and communication. These transformative sessions can help you achieve unparalleled performance in a relaxed state, leveraging subconscious mind reprogramming and nervous system resetting.



WHAT IS NERVOUS SYSTEM REGULATION & WHY DOES IT HELP YOUR BUSINESS OR TEAM?

Nervous system regulation refers to a set of techniques and practices aimed at restoring balance within the autonomic nervous system (ANS). The ANS is a critical component of the nervous system responsible for involuntary physiological functions, including heart rate, digestion, respiratory rate, and stress responses. It operates through two main branches:

- Sympathetic Nervous System (SNS): Often referred to as the "fight or flight" system, the SNS prepares the body to respond to perceived threats by increasing heart rate, releasing adrenaline, and priming muscles for action. Chronic activation of the SNS can lead to sustained stress and associated health issues.
- Parasympathetic Nervous System (PNS): Known as the "rest and digest" system, the PNS promotes relaxation, reduces heart rate, enhances digestion, and supports recovery processes. It counterbalances the SNS, fostering a state of calm and rejuvenation.

Effective nervous system regulation involves consciously shifting from SNS dominance to PNS dominance, thereby reducing chronic stress and promoting overall well-being.

When operating in a PNS state, we increase our brain capacity by up to 80%.

FACTS & FIGURES

01

CLIENT RETENTION:

Businesses adopting a nervous system first approach boast an average 92% client retention rate.

02

BURNOUT REDUCTION:

A 2018 Gallup study found high burnout rates, which can be mitigated through nervous system regulation, promoting relaxation and resilience.

03

PRODUCTIVITY INCREASE:

Companies with wellness programs, including nervous system practices, see an average productivity increase of 10% to 15%.

04

MENTAL HEALTH BENEFITS:

Regular practice of nervous system regulation techniques can reduce symptoms of anxiety and depression by 30% to 50%.

05

ENHANCED COMMUNICATION:

Teams practicing nervous system regulation report a 25% improvement in communication effectiveness, leading to more innovative and effective solutions.



ABOUT NIKKI VOXX

Nikki is a renowned Mindset Coach, using her unique training in Rapid Resolution Therapy, Nervous System Regulation and advanced Subconscious Reprogramming techniques, she shifts people and teams from stress, overwhelm and burnout to clarity, resilience, and peak performance.

With over 3 years of experience, Nikki helps leaders and their teams not just manage stress, but completely reframe their relationship with it, allowing them to operate with more energy, focus, and calm, even in high-pressure environments. Her approach combines cutting-edge neuroscience with deep emotional intelligence, creating a shift that's both immediate and long-lasting.

Her clients—ranging from small business owners to executives and leaders—consistently report feeling more aligned, focused, and capable of handling challenges with ease. Nikki is passionate about helping leaders unlock their full potential by releasing the mental and emotional blocks that hold them back, so they can lead with confidence, create healthier workplace cultures, and experience greater fulfillment in both their professional and personal lives.

CUSTOMISED WELL-BEING PROGRAMS FOR LEADERS AND TEAMS...

Every team and business is unique, which is why I offer tailored programs designed to address the specific needs of your organisation. Whether it's reducing overwhelm and stress, improving decision-making, or enhancing team communication, my sessions are built to provide personalised solutions that lead to lasting change.

I WORK WITH BUSINESS AND TEAMS TO...

- Design bespoke sessions that align with the culture, goals, and specific challenges of your team.
- Provide ongoing support through individual or team follow-ups to ensure sustained well-being and performance.
- Offer tools and techniques your team can immediately implement in their day-to-day operations.

OPTIONS FOR CORPORATE ENGAGEMENT:

- 1:1 Leadership Coaching: Focused on helping leaders manage stress, make clear decisions, and lead their teams with emotional intelligence and resilience.
- Group Workshops: Empower your entire team with practical tools for nervous system regulation, improving group dynamics and collective productivity.
- On-Demand Support: Voice message (Voxer) support available to key leaders in-between sessions to provide real-time guidance when challenges arise.



MEASURABLE RESULTS YOU CAN EXPECT FROM MY CORPORATE PROGRAMS...

By adopting a nervous system first approach for your team wellbeing, they'll experience the following benefits:

- **Improved Decision-Making:** With a regulated nervous system, leaders make decisions more clearly and confidently, reducing the risk of costly errors or reactive choices.
- **Increased Team Cohesion:** Teams experience less interpersonal conflict, enhanced communication, and improved collaboration when they're operating from a calm and grounded state.
- **Reduced Absenteeism:** When stress and burnout are minimised, employees are healthier, leading to fewer sick days and more consistent performance.
- **Better Client Relationships:** Regulated leaders and teams communicate more effectively with clients, which improves client satisfaction and retention.

WHAT YOU CAN EXPECT IN A SESSION WITH ME...

Each session I lead is a blend of cutting-edge neuroscience, practical tools, and emotional well-being practices. Here's a quick breakdown of what my sessions offer:

- **Interactive Learning:** Participants will be guided through practical nervous system regulation exercises they can use in real-time situations, from high-pressure meetings to personal challenges.
- **Subconscious Reprogramming:** I help individuals shift deeply ingrained patterns that may be blocking them from their full potential, so they can operate with more ease and clarity.
- **Nervous System Reset Techniques:** Proven practices like breathwork, body scanning, and visualization exercises to bring the nervous system into a state of calm and control.
- **Immediate Application:** Each session ends with actionable takeaways that can be applied instantly to both personal and professional life, ensuring long-term results.



WHO NIKKI HAS WORKED WITH:



awaken health &
wellness studio



THE
HUDDLE



TESTIMONIALS

This is the **best investment** I've ever made. Nikki is incredible at facilitating deep shifts and I really came away with tangible tools also. Thank you Nikki.

-Shelley, Cranio Sacral Therapist

It was a **remarkable experience**, and I am actually feel like the best version of myself. Thank you for that coaching session Nikki, you're the best.

-Alice, Corporate Finance

Working with Nikki was extremely useful and one of the best investments I have made in myself. The gift of her energy to shift me is more than her modality. **It's like she cleared the air for me.** I am in a more beautiful space and I feel an inner freedom that is profound.

-Shonah, Small Business Owner

This was the first time I used a coach and it has been **life changing** and worth every penny. Honestly it was like my anxiety just dissolved. The difference I am noticing since our session, wow! I would 100% recommend her.

-Anna, Lawyer

A STRATEGIC INVESTMENT IN YOUR BUSINESS'S FUTURE...

Investing in the well-being of your leaders and teams is more than a wellness trend—it's a long-term strategy for sustainable success. When leaders and employees feel grounded, focused, and supported, the business thrives. Here's how a nervous system regulation-first approach translates into long-term business success:

- **Enhanced Employee Retention:** A culture that prioritises well-being and mental health leads to happier employees who stay longer.
- **Higher Employee Engagement:** Teams who are less stressed are more present, creative, and committed to their work.
- **Greater Innovation:** When the mind is free from the distractions of stress, it opens up space for creative solutions and more innovative thinking.
- **Long-Term Productivity:** Stress and burnout lead to dips in performance, but by prioritising nervous system regulation, your team can maintain steady, sustainable productivity without the highs and lows.

ENQUIRE HERE:

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OR
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