

THREE SIXTY COACHING

Aoife Leggett



# WORKPLACE WELLNESS

Employee burnout, high turnover, poor mental health, disrupted sleep, and low engagement negatively impact business.

Our practical, wellness-focused workshops help improve stress management, boost retention, and empower your people to take ownership of their mental health — while supporting your ESG and CSR goals.

**Effective Tools**  
*Real Impact*  
**Better Performance**



# BREATHWORK

Empower your team with effective, science-backed tools to manage stress, build resilience, and improve focus — all through the power of breath.

## Option 1: 6-Week Breathwork Course

€3,400 | 6 x 45 minute sessions | <16 attendees

A structured programme teaching practical breathwork techniques to reduce stress, improve focus, and manage pressure, with real-life application each week.

- Builds cumulative benefits and lasting habits
- Supports long-term wellbeing
- Ideal for ESG & wellness initiatives

## Option 2: Reset Session

€650 | 45-minute session | < 30 attendees

A one-off guided breathing and meditation session designed to reset the nervous system, calm the mind, and boost energy and focus. Ideal as a lunchtime offering.

- Delivers immediate impact
- Supports calm, clarity, and focus
- Accessible for all levels

# WELLNESS WORKSHOP

## Option A: One-Off Wellness Talk

€750 | 45 minutes + Q&A | < 80 attendees

A practical, engaging session on a key wellbeing topic of your choice. Perfect for lunch & learns or wellness weeks.

- Dealing with Stress
- Optimising Sleep
- Eating for Energy
- Building a Healthy Routine

## Option C: Wellness Talk + Guided Breathwork Session

€950 | 75 minutes | < 80 attendees

A dynamic session that combines a focused wellness talk with a guided breathwork practice to embed the learning and leave your team calm, energised, and focused.

- Learn practical strategies for better mental health
- Supports both mindset and physiology
- Ideal for team days or wellness events

## Option B: Wellbeing Talk Series

€2,100 | 3 x 45-minute sessions | < 30 attendee

A tailored series covering key wellbeing topics, with space for discussion and habit-building between sessions.

Can be delivered weekly, monthly or quarterly to suit your company's needs.

- Encourages deeper engagement
- Builds momentum and accountability

## Option D: Wellness Talk + 1:1 Coaching Support

€2,750 | 1 x 45-minute talk + 10 1:1 coaching sessions

Begin with a focused group talk, followed by additional guidance and support through 1:1 coaching sessions.

Ideal for teams working in high-pressure environments or navigating change.

- Collective education and individual support
- Builds resilience and self-leadership across teams



# 1:1 COACHING

I am an **IAPC&M APC** coach specialising in practical, high-impact coaching for professionals and performers.

1:1 coaching delivers real ROI — enhancing focus, building resilience, and ultimately improving performance at both individual and organisational levels.

## **A: Performance & Resilience – 6-Session Journey**

*€850 | 6 x 60-minute sessions | Online*

A transformative coaching journey designed to build long-term resilience, mental clarity, and self-leadership.

Ideal for team leads, high performers, or individuals navigating change.

## **C: Power Hour – One-Off Coaching Session**

*€150 | 60 minutes | Online*

A focused, high-impact session to cut through overwhelm, gain clarity, and move forward with confidence.

Includes practical tools and a clear action plan to move forward with clarity and momentum.

## **B: Reset & Refocus – 4-Session Coaching Package**

*€580 | 4 x 60-minute sessions | Online*

Structured coaching support to work through specific goals or challenges.

Tackle stress, regain focus, and restore momentum — with clarity and targeted action to improve performance.

## **D: Clarity Boost – 3 x 30-Minute Coaching Sessions**

*€225 | 3 x 30 minute sessions | Online*

Three focused sessions to gain mental clarity, establish a clear plan, and develop practical strategies to manage challenges and setbacks.

Impactful, targeted support — ideal as a quarterly reset or introduction to coaching.



## SERVICE DELIVERY

We tailor our approach to fit your business needs.

- Flexible scheduling
- Workshops offered in a range of timeframes
- Available online or in person
- Custom topics available on request

## OUR MISSION

Is to equip busy professionals with the tools they need for enhanced mental and physical health to improve their overall well-being and performance.

## CLIENTS INCLUDE

MASON  
HAYES &  
CURRAN

Google

ag ADDLESHAW  
GODDARD



RONAN GROUP

Oneview



Gray

EDEN  
O N E

SISTERLY

Dun Laoghaire  
Golf Club

## MEET YOUR HEAD FACILITATOR

I'm Aoife — an IAPC&M APC Coach, Advanced Breathwork Teacher, and Functional Movement Specialist, with qualifications in Sport and Performance Psychology and Performance Nutrition.

My background spans elite sport, fast-paced international sales, and operations. Combined with my formal education, this allows me to blend real-world experience with mindset coaching, physical wellbeing, and science-backed breathwork techniques — helping individuals and teams manage pressure, boost performance, and build lasting resilience.

FEATURE IN

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# CONNECT

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