

Sound, Breath & Frequency-Based Workplace Wellness

Research-informed experiences designed to support recovery, clarity, presence and sustainable performance at work.

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Energy Architect • Founder of Applied Energetics

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The cost of sustained pressure is no longer theoretical.

Workplace stress, burnout and poor mental health have moved beyond the language of “employee wellbeing.” They affect performance, absence, retention, decision-making and the capacity of people to function effectively under pressure.

12 BILLION

working days are lost globally every year to depression and anxiety. The World Health Organization estimates the annual cost at approximately US\$1 trillion in lost productivity.

US\$10 TRILLION

Gallup’s 2026 State of the Global Workplace estimates that low global employee engagement cost the world economy roughly US\$10 trillion in lost productivity. Only 20% of employees worldwide were engaged in 2025.

WHO also identifies excessive workloads, low job control, job insecurity, discrimination and poor working environments as psychosocial risks. The commercial implication is clear: when sustained pressure becomes part of the operating environment, it eventually appears in productivity, judgement, absence, retention and the quality of human interaction at work.

Sources: World Health Organization, Mental health at work (updated Sept 2026); Gallup, State of the Global Workplace 2026. Global data unless otherwise stated.

Burnout rarely begins with collapse.

More often, it builds quietly. It is the executive making increasingly reactive decisions after months of sustained responsibility. It is the team that moves from one deadline straight into the next without properly recovering. It is the highly capable employee who is still producing, but with less confidence, less patience and less internal capacity.

22%

of managers worldwide were engaged at work in 2025 — down from 31% in 2022. Gallup describes the recent decline in manager engagement as one of the major drivers of the global engagement slump.

In Q2 2026, 27% of U.S. full-time employees told Gallup they felt burned out at work very often or always. Earlier Gallup research found that employees experiencing burnout very often or always were 63% more likely to take a sick day, 2.6 times as likely to be actively looking for another job, and 13% less confident in their performance.

The question is no longer simply “Are our employees stressed?”

The better question is: what is sustained pressure doing to the way our people think, communicate, recover and perform?

Sources: Gallup, State of the Global Workplace 2026; Gallup, Employee Wellbeing and Sustainable Productivity (2026). U.S. burnout figure identified as U.S.-specific.

Recovery does not always require another workshop.

Sometimes people need better systems, clearer workloads or stronger leadership. And sometimes they need something more immediate: an opportunity to come out of sustained demand and experience a different internal state.

SOUND

Live sound offers a low-demand route into rest. Participants do not need to learn a technique, perform or have previous meditation experience. The room is given permission to stop — together.

BREATH

Guided breath practices create deliberate transitions before or after high-demand periods. Used appropriately, breathwork can become a practical tool people carry back into meetings, travel, leadership and daily working life.

FREQUENCY-BASED WELLNESS

Light, sound, sensory input and deliberate recovery spaces all shape the experience of a workday. We use these elements carefully to create structured environments where demand temporarily reduces and recovery becomes easier to access.

The outcome we are looking for is not simply relaxation. It is capacity.

Greater capacity to think clearly, respond rather than react, remain present in difficult conversations, recover between periods of intense demand and sustain performance without living permanently in “go mode.”

Evidence note: singing-bowl research is promising but still developing; breathwork meta-analysis shows a small-to-medium reduction in self-reported stress versus controls.

MOST REQUESTED

Sound Bath & Guided Relaxation

Our signature workplace sound experience and an ideal entry point for organisations introducing experiential wellbeing. Crystal singing bowls, gongs, chimes and voice are played live and woven with guided relaxation to create an immersive environment in which the entire room can slow down at the same time. This is not a recording or a generic relaxation playlist. It is a live facilitated experience.

Duration Approximately 45 minutes · shorter or extended formats available

Potential outcomes

- ✓ Reduced subjective stress and tension
- ✓ A greater sense of calm and mental space
- ✓ A deliberate pause from cognitive overload
- ✓ Support for focus and clarity after the session
- ✓ A shared experience that allows the team to pause together

Research context: Cai et al. (2025), systematic review of 19 clinical singing-bowl studies. Evidence is promising but heterogeneous and still developing.

WE BRING

- + Live crystal singing bowls, gongs, chimes and selected instruments
- + Facilitation and guided relaxation
- + Sound equipment where required
- + Optional mats, eye masks and comfort elements by arrangement

Why it works well at work

Low participation barrier. No special clothing. No prior meditation experience. Easy to deliver in offices, off-sites, hotels and conference environments.

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The Office Reset

A practical reset inside the working day.

A facilitated 45–60 minute session combining gentle movement, breath, guided relaxation and sound to help employees physically and mentally transition out of prolonged desk-based or cognitively demanding work. It can be delivered in a meeting room, conference space or other suitable workplace area.

The intention is simple: move, breathe, reset and return to the workday with greater energy and presence.

Duration 45–60 minutes

Potential outcomes

- ✓ Reduced perceived stress
- ✓ Improved focus and mental clarity
- ✓ Relief from desk-based stiffness
- ✓ Greater energy and motivation
- ✓ Improved mood and body awareness

WE BRING

- + Facilitation
- + Guided breath and relaxation
- + Selected sound instruments / sound equipment
- + Mats and eye masks by prior arrangement

Best suited to

Meeting rooms, leadership days, appreciation events, lunch-hour resets and teams that need something practical without leaving the workplace.

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Wellness Reset Lounge

A premium wellbeing activation that comes to your workplace.

The Wellness Reset Lounge transforms part of an office, conference or event environment into a temporary recovery space. Employees rotate through individually or in small numbers for short 10–15 minute restorative experiences, making the format easy to integrate around an existing working schedule.

Duration 2–4 hour pop-up · approximately 10–15 minutes per participant

The experience can include

- ✓ Zero-gravity relaxation seating
- ✓ Red-light-based relaxation environment
- ✓ Guided headphone meditation
- ✓ Live sound & vibration immersion
- ✓ Herbal tea / ginger shots
- ✓ Optional wellbeing mini-consultations by arrangement

IDEAL FOR

- + Employee wellbeing days
- + Corporate conferences
- + Mental Health Awareness initiatives
- + Leadership conferences & off-sites
- + Benefits and HR events
- + Post-project or peak-season recovery

We handle setup and breakdown.

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Format inspiration reviewed: Chakra Hours Wellness Reset Lounge / Employee Wellness Day. Our programme is independently delivered by Dr. Alia Datoo / Applied Energetics.

We make it easy for HR, People & Culture and event teams.

The intervention is shaped around your space, headcount, schedule and objective. You do not need to choose a modality first. Tell us what is happening in your organisation and what you want people to experience differently.

01 BRIEF

A short conversation about your people, the environment, the pressure points and the outcome you want to create.

02 DESIGN

We recommend the most appropriate format, duration, equipment and flow for your team or event.

03 DELIVER

We arrive with the facilitation, instruments and agreed equipment, run the experience and leave the space ready for the workday to continue.

Available for workplaces · leadership teams · conferences · retreats · hotels & resorts · schools

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TELL ME ABOUT YOUR PEOPLE.

Every engagement starts with a conversation.

Tell us what is happening with your team, what you are planning, and what you would like people to experience differently. We will recommend the right format and scope from there.

INQUIRE FOR MORE DETAILS

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APPLIED ENERGETICS

FOR ORGANISATIONS