



UNLOCK TRAPPED ENERGY IN YOUR ORGANIZATION

A Holistic Coaching Approach
to Move People—and Business—Forward



THE PROBLEM

Work and life are no longer separate. When energy is drained, so is performance. **Most solutions treat surface issues**—missed goals, misalignment—without addressing the deeper drain on human energy.

THE SOLUTION

Our holistic method helps leaders see the full picture. **Using our Wellness and Engagement Assessments, we uncover the barriers to momentum** and work to restore alignment on personal, relational, and organizational levels.

Equilibrium Now's Holistic Model is a multi-faceted, next-level, whole-person coaching framework, focusing on *mind, body, emotions and spirit*. It blends traditional coaching and a broader view of the human experience. The goal is sustainable change.

Our coaches meet regularly with your team, helping employees feel seen and heard. They bring expertise across and full spectrum of well-being.

We offer guidance in areas such as: stress management, life transitions (divorce, death of a loved one), breaking unhealthy habits, relationships, lifestyle changes (sleep, nutrition, exercise), spending / saving habits, mindfulness and finding purpose.

69%

of employees feel disengaged or burned out.

(Gallup, 2024)

37%

of employees quit because of poor culture & engagement.

(Gallup, 2024)

HOW ARE EMPLOYEES SHOWING UP AT WORK?



HOW DOES AN EMPLOYEE'S MINDSET AFFECT EMPLOYERS?

[Sample: 200 employee organization]

Absenteeism
average cost per year is **\$337,000**

Presenteeism
annual loss averages near **\$2.5 million**

REPLACEMENT TURNOVER COSTS

- Entry-Level -----> **33% salary**
- Supervisor -----> **50-75% salary**
- Leadership -----> **100-400% salary**



99%

WHO HIRED COACHES WERE SATISFIED

96%

WOULD HIRE A COACH AGAIN

RETURN ON INVESTMENT

Coaches average a ROI of

221%

*when combining leadership training with on-site coaching.

When individuals feel seen, supported, emotionally and mentally well, and genuinely connected, they are more likely to re-engage.

The energy you need is already there—

Let's unlock it.



*Absenteeism is defined as unplanned absences from work. Presenteeism is defined as employees physically at work but not fully engaged.
**Coaching statistics were gathered from 2024 Gallup Poll, 2025 LinkedIn Survey & 2024 ICF Global Coaching Study.