



Zen Space

YOUR MOMENT

ZEN SPACE® – YOUR MOMENT

Transforming Employee Wellbeing into Measurable Business Impact

How forward-thinking companies are redefining workplace wellbeing



www.ZenSpaceWorld.com



THE HIDDEN COST OF WORKPLACE STRESS

Stress isn't just a wellbeing issue.
It is a business performance issue.

MODERN WORK MEANS:



Digital
overload



Constant
interruptions



Back-to-back
meetings



Decision
fatigue

THE RESULT:



Burnout



Reduced
focus



Disengagement



Higher
absenteeism



Higher
turnover

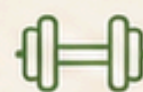


WHY MOST WELLBEING PROGRAMMES FAIL

Wellbeing initiatives often fail because they are not available at the exact moment employees need support most.

And because many do not directly reduce stress during the working day, their real business impact is difficult to measure.

MOST COMPANY WELLBEING OFFERS:

-  Gym memberships
-  Health insurance
-  Meditation apps
-  Wellness weeks
-  Talks, classes and perks

BUT EMPLOYEES ACTUALLY NEED:

-  Support at the exact moment stress appears
-  A quiet space to mentally reset
-  A fast solution during the workday
-  Privacy and calm
-  Something measurable and easy to access

“EMPLOYEE WELLBEING IS NOT MEASURED BY WHAT COMPANIES OFFER.
IT IS MEASURED BY WHAT EMPLOYEES CAN ACTUALLY USE WHEN STRESS HAPPENS.”

Most organisations invest in wellbeing. Very few invest in recovery during the working day.



A SMART, SIMPLE SOLUTION FOR MODERN WORKPLACES

Small investment. Big impact.



Help employees fully recover in just 10 minutes —
right when they need it most.

Zen Space helps companies build healthier,
happier and high-performing teams.



LOWER STRESS, BETTER WELLBEING

On-demand relaxation
reduces stress and
supports mental
wellbeing.



IMPROVED FOCUS & PRODUCTIVITY

Short breaks lead to
sharper focus, more
energy and better
performance.



ENGAGED EMPLOYEES

Employees feel valued
and supported,
boosting engagement
and morale.



LESS ABSENTEEISM, LOWER COSTS

Healthier teams take
fewer sick days,
reducing absenteeism
and costs.



STRONGER CULTURE, STRONGER BRAND

A wellbeing-focused
workplace attracts
talent and strengthens
your brand.



Zen Space

YOUR MOMENT



What Is Zen Space and Why Is It Unique?



Zen Space delivers a premium, distilled relaxation experience:



Full-Body
Shiatsu
Massage



Fully
Automated
User
Experience



Privacy,
Comfort and
Sound-proof
Pod



Image, Sound
& Aroma
Therapy



Certified Air
Exchange
System



Rapid Sessions
Format
10–20 Minutes



Scientifically
Proven
Techniques



Airports



Companies



Shopping Centres



Hotels



Events



Healthcare



Government Entities

WHY IT WORKS

Designed around how the brain and body recover from stress.



PRIVACY

A calm personal space away from noise and interruptions.



GUIDED RECOVERY

Structured sessions designed to help employees mentally reset.



MULTI-SENSORY EXPERIENCE

Combining massage, visuals, sound and atmosphere.



AUTOMATION

Simple, immediate and always available when needed most.

SUPPORTED BY EVIDENCE ASSOCIATED WITH:



Lower cortisol



Better focus



Improved cognitive performance



Reduced anxiety

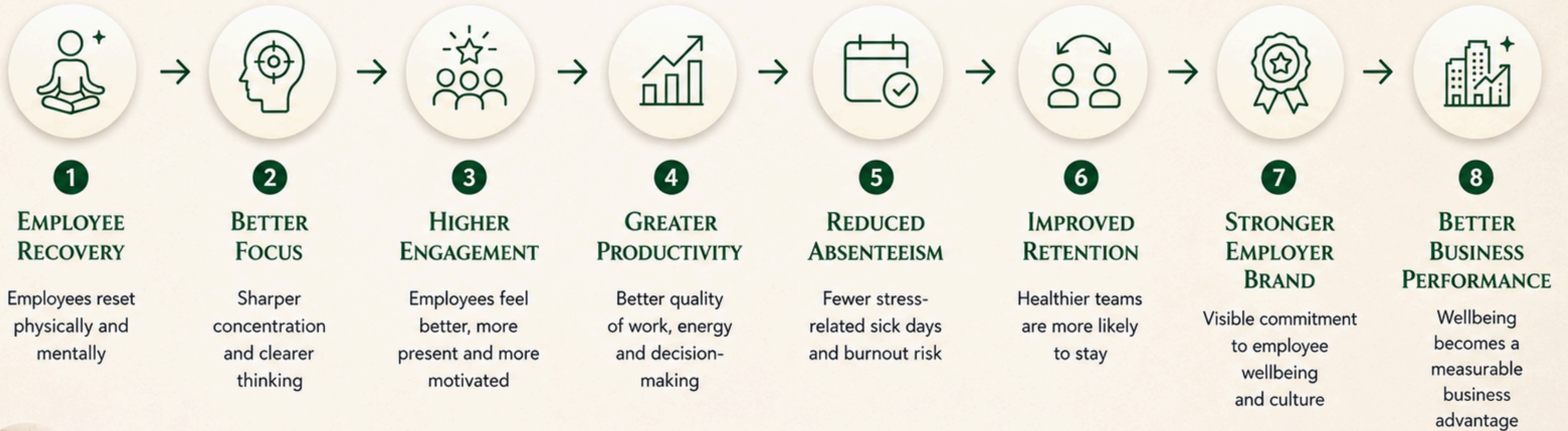
“Designed around how the brain and body recover from stress.”



FROM EMPLOYEE WELLBEING TO BUSINESS PERFORMANCE



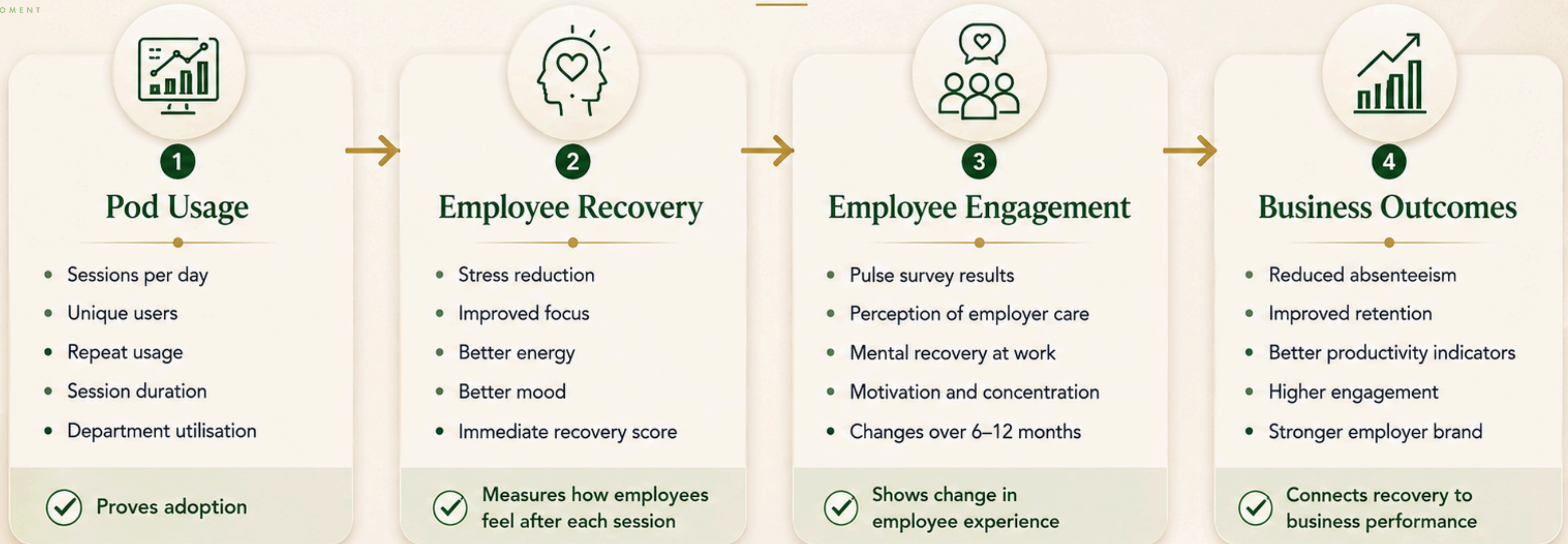
Short recovery moments create a powerful chain reaction
that drives measurable organisational value.



“ *Recovery is the missing KPI* in most organisations –
and Zen Space helps turn it into *measurable business impact*. ”

From Pod Usage to Business Impact

A measurable framework linking employee recovery with organisational performance



“ Zen Space doesn’t just provide recovery spaces — it helps organisations measure, demonstrate and improve employee recovery and its impact on performance. ”



Trackable through a 12-month Workplace Recovery Initiative

PROVEN IN REAL ENVIRONMENTS



INTERNATIONAL PATENTS



THOUSANDS OF USERS



100% CUSTOMER SATISFACTION



INSTALLED IN LIVE
COMMERCIAL ENVIRONMENTS



REAL PEOPLE. REAL ENVIRONMENTS. REAL IMPACT.



THE ZEN SPACE WORKPLACE RECOVERY INITIATIVE



12

A 12-MONTH MEASURABLE EMPLOYEE WELLBEING INITIATIVE

TOGETHER WE WILL:

- ✓ Install Zen Space
- ✓ Launch the programme
- ✓ Encourage employee engagement
- ✓ Measure usage
- ✓ Gather employee feedback
- ✓ Monitor wellbeing outcomes
- ✓ Evaluate business impact

AT THE END OF THE PILOT WE REVIEW TOGETHER:

-  Employee engagement
-  Usage statistics
-  Employee feedback
-  Productivity indicators
-  Business impact



“

WE'RE NOT JUST INSTALLING WELLNESS PODS —
WE'RE HELPING ORGANISATIONS BUILD A MEASURABLE CULTURE OF EMPLOYEE RECOVERY.

”



12-Month Measurement Journey

How the Workplace Recovery Initiative operates — and when organisations begin to see measurable results



From wellbeing activity to measurable business outcomes.

Unlike conventional apps and temporary initiatives, Zen Space is available when recovery is needed — and measures how usage, employee recovery and engagement connect with organisational performance.



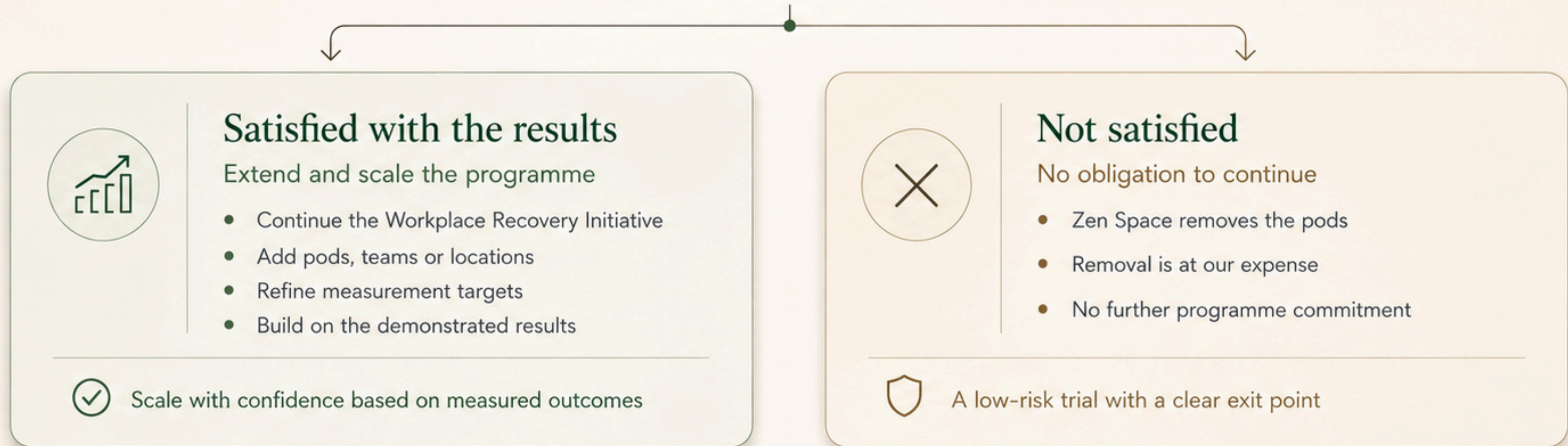
Designed to make employee recovery visible, trackable and strategically actionable

What Happens After 12 Months?

A clear review point with low long-term risk and a simple decision path

• Final Results Review •

At the end of the 12-month Workplace Recovery Initiative, results are reviewed together against the agreed baseline and business objectives.



A measurable programme with a clear decision point and limited long-term risk.

If you choose not to continue after the agreed review, Zen Space removes the pods at its own expense, with no further programme commitment.

Simple to Deploy. Flexible to Scale.

A straightforward implementation model with partnership options designed around your organisation

Easy Deployment

-  1. Site assessment
-  2. Delivery and installation
-  3. Employee launch
-  4. Ongoing maintenance and support
-  5. Minimal workplace disruption



Approximately
2.9 m² footprint



Standard
electrical supply



Approximately
6-hour installation
per pod

From agreement to employee use, Zen Space can typically be operational within approximately 2–4 months, depending on destination and logistics.

Flexible and Fully Supported



12-Month Pilot Initiative

Start with one or more pods and measure results over 12 months.



Zen Space-Supported Programme

Zen Space supports launch, engagement, maintenance and reporting.



Tailored Functionality Options

Possibility to tailor selected functionalities if needed, based on workplace requirements.

We adapt the programme and support model to your workforce, locations and business objectives — with flexibility to tailor selected functionalities where needed.



Designed to make workplace recovery easy to implement, simple to evaluate and flexible to scale.

• A practical, low-friction path from pilot to long-term rollout. •

Let's Build the Future of Employee Wellbeing Together

We are currently looking for forward-thinking organisations to launch the Workplace Recovery Initiative



We are currently looking for forward-thinking organisations to launch our Workplace Recovery Initiative.

- ✓ 12-month pilot programme
- ✓ Science-informed and outcome-focused
- ✓ Measurable outcomes
- ✓ Fully supported by Zen Space
- ✓ Ready to deploy



“

The companies that attract, retain and inspire the best talent are the ones that invest meaningfully in their people. Zen Space turns that care into measurable business impact from day one.



A practical step toward healthier, higher-performing workplaces

Bring Measurable Recovery to Your Workplace

Book a Workplace Recovery Assessment



Book a Workplace Recovery Assessment

Let's explore how Zen Space could support your people, your culture and your business performance.



Watch the 1-minute founder video



Download the Workplace Recovery Initiative overview



Contact us directly to discuss your organisation



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Helping organisations build a measurable culture of employee recovery.



Internationally patented Zen Space technology

BRINGING TODAY THE FUTURE OF WELLNESS

