

Leveraging the Key Pathways of Stress to Live Your Best Life

Thousands worldwide are benefiting from this new paradigm shift in health and wellness that I refer to as the stress paradox. Offering a counterintuitive approach that is relieving stress while creating happier, healthier, more empowered people of all ages and backgrounds. From the corporate to the family; from the athlete to the first responder; from the individual to community, these tools are the pathway to success for us all.

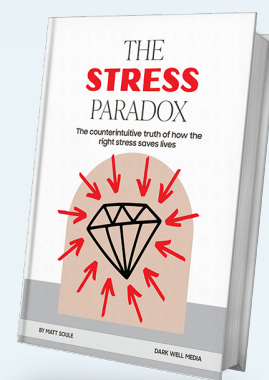
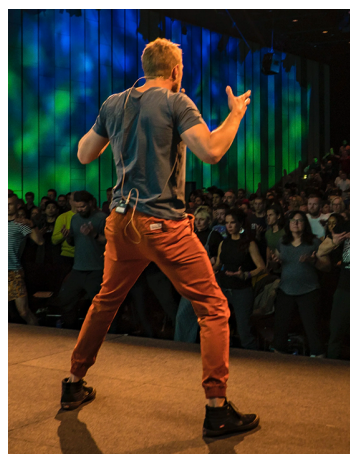
Matt Soule

Author. Speaker. Professional Instructor. Stress expert with 15 years experience 10,000+ members of the public guided 500+ instructors from 40+ countries educated.



Corporate Wellness Topics

- A simple tool you can use at the office to feel less stressed and more focused
- Bridge the disconnect in a corporate Zoom-world using these easy to follow guidelines around stress
- Engage your employees in a way that fortifies their health while boosting their productivity
- Help your staff get more satisfaction from their work and their time off by learning 5 surprising benefits of stress
- The best way to help employees de-stress, feel appreciated and be more motivated
- Invite this expert researcher to reveal how the stress paradox can extend your life span.
- How to turn daily stress into daily strength.
- Learn to recognize the healthiest types of stress.
- Don't be caught by stress's residual recoil! Be healthy, vibrant and happy instead.
- Learn about the stress paradox, a counterintuitive approach that you let you ditch the bad stress in your life... for good!
- What most experts get wrong about stress.



"Matt brings a wealth of experience, scientific expertise, and most importantly a welcoming and positive atmosphere [in his trainings]. I'd recommend Matt to anyone interested in maximizing their health and wellness." - Connor Bui, M.S. Sports Physiology, Scientific Researcher

Media and Corporate Experience

7+ years of Podcasts Interviews, 10+ of working with corporations large and small.



Availability

Worldwide by arrangement

