



SYMMETRY

CHANGE YOUR RELATIONSHIP WITH STRESS

WORKPLACE WELLNESS PROGRAMS

**WE HELP BUSY TEAMS LIKE YOURS
TAKE BACK CONTROL OF THEIR LIVES.**

**So that they have more time,
more energy, and less stress.**

We can live weeks without food,
days without water, but only
minutes without oxygen.

BREATH is the most fundamental
part of our being.



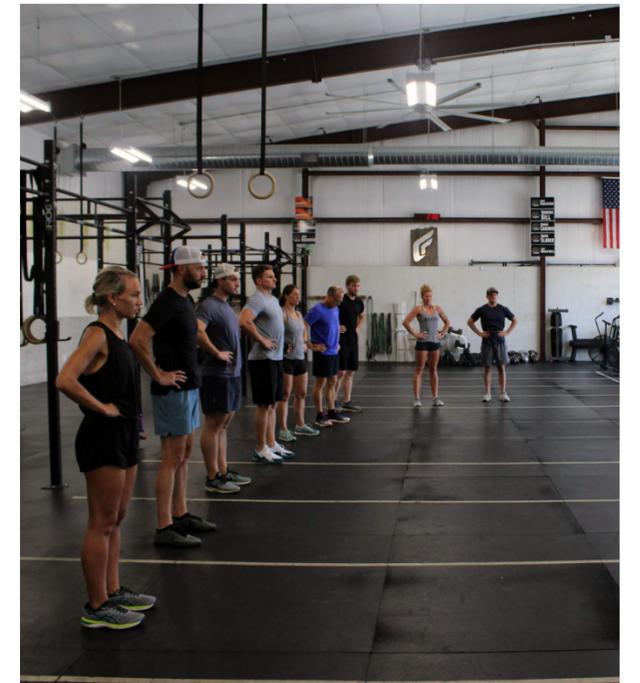
ABOUT US

Company History

Taylor Somerville founded Symmetry in 2018 after working in the investment business for 15 years. Taylor was over-stressed, anxious, short-tempered, and felt like he was out of control. He discovered breathwork and other key practices as a way to deal with the stress and anxiety in his personal and professional life. Through breathwork, Taylor was able to learn how to respond to stressful situations in a productive manner rather than reacting.

After seeing the positive changes in himself, Taylor felt a calling to help others improve their own stress management, anxiety, performance, and overall health and wellness. We all struggle with these issues at some point in our lives but there are tools we can use to better prepare ourselves to handle stress.

From high-level executives to pro-athletes, weekend warriors to stay-at-home parents, Symmetry works with businesses and individuals to improve their overall health and performance. Our methods involve simple but not easy tools that everyone can incorporate into their day-to-day lives.





WORKPLACE WELLNESS PROGRAMS

People who have more resilience to stress are happier, more productive employees.

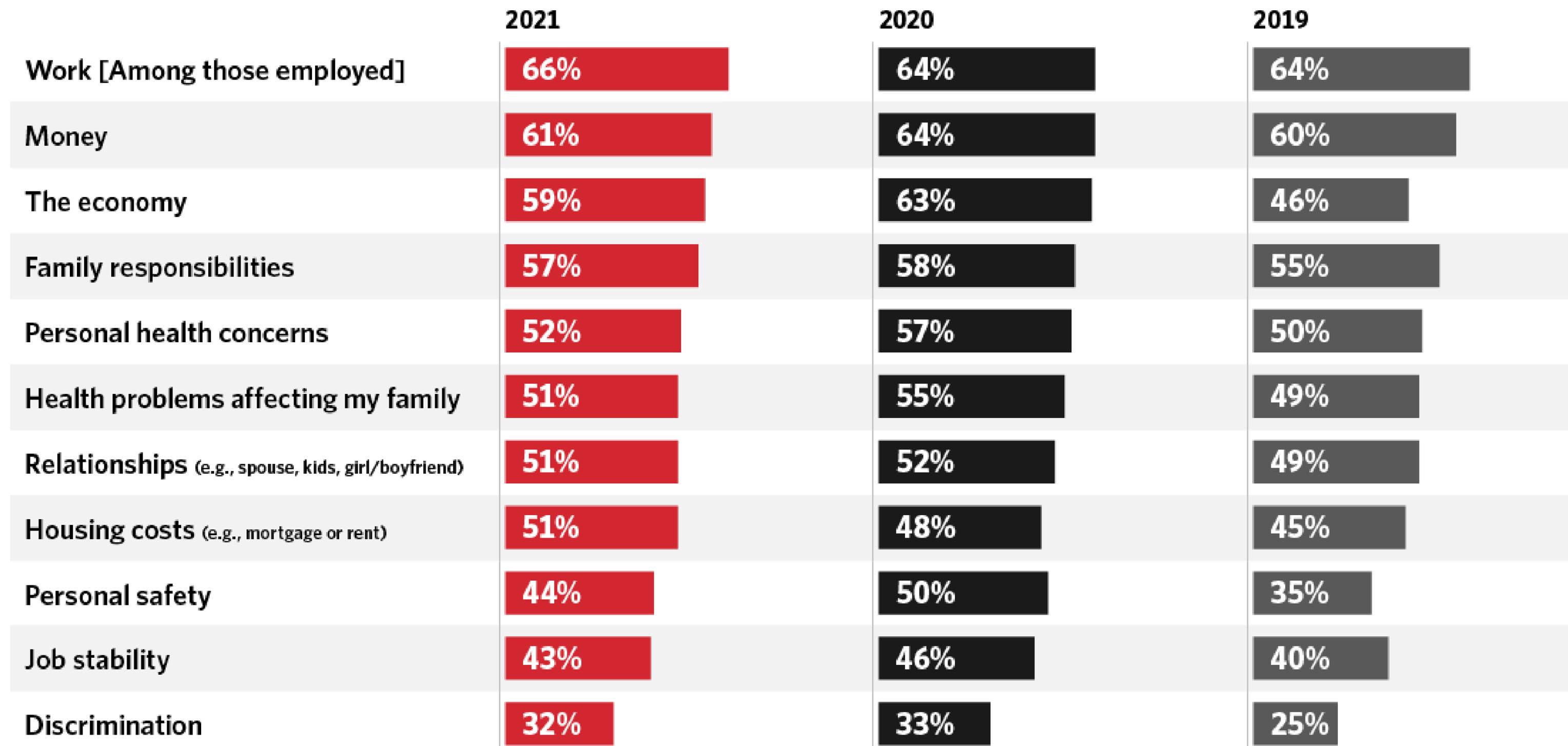
According to the American Psychological Association, work has consistently been the number one source of stress among those employed since 2019. Chronic stress is extremely detrimental to health and well being. According to the APA it costs the U.S. economy over \$500 billion per year. The Harvard Business Review found that "health care expenditures at high-pressure companies are nearly 50% greater than at other organizations."

And in a recent survey by the APA, 21% of employees reported stress as the main source of errors in their work and missed deadlines. Additionally, as a result of stress, 16% had difficulty getting along with colleagues, 15% missed days at work, and 14% said stress made them late.

Fortunately, **Symmetry can help**. Mindfulness training has been shown to reduce the extent of emotional exhaustion employees experience in their jobs. Mindset is just one of **Symmetry's 6 Foundations of Health** that we will dive into throughout your wellness program.

SOURCES OF STRESS: 2019-2021

% VERY/SOMEWHAT SIGNIFICANT





THE SYMMETRY 6

Awareness and mindfulness play a huge role in **Symmetry's 6 Foundations of Health** that we will dive into throughout our wellness program.

BREATH

MINDSET

NUTRITION

MOVEMENT

REST

RELATIONSHIPS

BREATH

We can live weeks without food, days without water, but only minutes without oxygen. **BREATH** is the most fundamental part of our being. In today's society, we focus on so many self-improvement areas, such as fitness and nutrition. However, few people focus on one area that improves all of the others: proper breathing.

NUTRITION

When it comes to **NUTRITION**, there are many conflicting viewpoints - to diet or not to diet, vegan versus vegetarian versus paleo versus keto. At Symmetry, we focus on awareness, balance, and fueling the body with whole foods. We also emphasize the importance of proper hydration.

MINDSET

Symmetry's belief is that everyone has the power to choose if they will allow external events to control their actions and feelings or if they will take action toward their goals and come out the other side better than they were before. **MINDSET** is the key to living a healthy and fulfilling life. It is the glue holding our health and human performance together, and awareness of one's mindset is the first step to change.

MOVEMENT

"**MOVEMENT** is medicine." A movement practice is essential for a healthy lifestyle. Often clients ask, "Where do I begin?" We encourage people to do what they enjoy, but as with most things, consistency is key. Training has a purpose: it builds resilience and allows people to notice their self-talk. When people move forward in the face of discomfort and uncertainty in training, they can do the same in their daily lives.

REST

Without **REST**, people aren't able to stay consistent with a movement practice (or positive mindset!). Sleep is the number one thing people can do for their recovery, but there are also other ways to rest. Yoga, non-sleep deep rest, ice baths, saunas, and nature are also key practices for rest and recovery. These practices put people in touch with their bodies and nervous systems. This allows them to create space to respond instead of reacting in stressful situations.

RELATIONSHIPS

Finally, all of these practices culminate in how we relate to ourselves and each other - our **RELATIONSHIPS**. Humans are tribal people and need connection with others to thrive. Our relationships with others, ourselves, and God/spirit (or one's personal belief in their understanding of a higher power) are essential to a healthy, happy life.

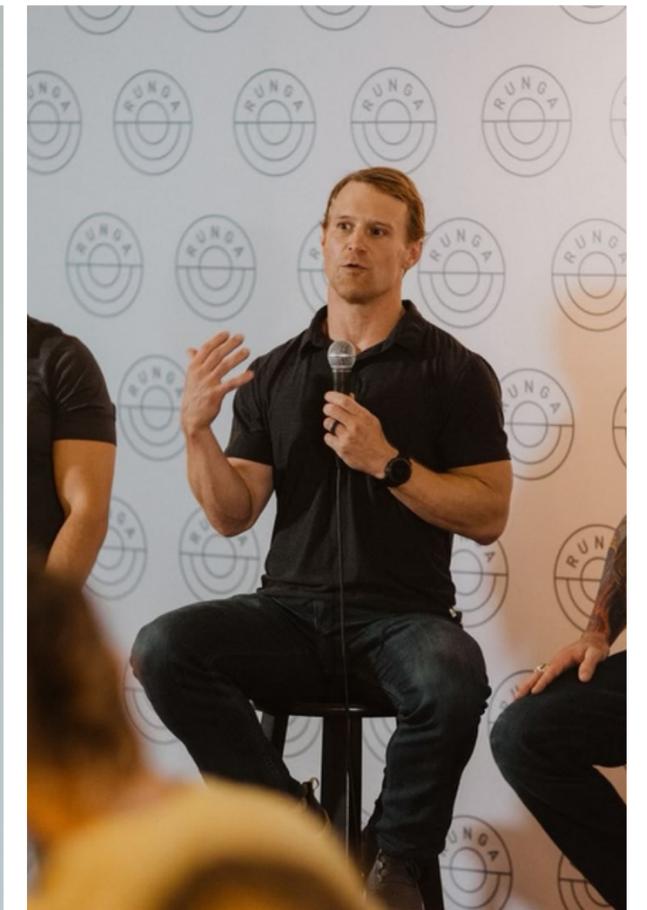
OUR TEAM

TAYLOR SOMERVILLE - Founder + CEO

Taylor grew up in Montgomery, AL and graduated from the University of Alabama with a degree in Finance. He is a Chartered Financial Analyst (CFA) and spent over 15 years in the investment business. While in the investment business, Taylor had the pleasure of working with some of the country's largest hedge funds and commodity trading firms while managing the portfolios and asset allocation models for high-net-worth individuals worldwide. His career path took him from San Francisco to Dallas and then ultimately to Memphis where he has spent the last 18 years. Prior to leaving the investment business, Taylor spent more than 10 years as the Senior Economist for Memphis-based firm, McVean Trading. The stresses of his professional career led him to the tools he used to build Symmetry, such as: breathwork, incorporating an active lifestyle, healthy eating, and recovery. In 2018, Taylor left his position at McVean Trading and founded Symmetry.

In his free time, Taylor enjoys practicing what he preaches. He pushes himself in the gym while finding time for yoga, breathwork, and twice-a-week heat and ice sessions. Taylor also likes to test his mind and body in difficult situations such as the 24-hour World's Toughest Mudder, multiple ultra-endurance races, and running 100 miles in Leadville. When he is not working with clients or training, he enjoys spending time with his wife, Caroline, and their two dogs.

Taylor is one of six XPT master coaches. XPT is a performance lifestyle program founded by Laird Hamilton and Gabby Reece. Through XPT, Taylor gained extensive knowledge of breathwork, heat and ice contrast therapy, and XPT's breath, move, and recover lifestyle.



OUR TEAM

LAUREN VESTAL - Coach

Lauren grew up in the Midwest and started playing soccer when she was 5. She played for Williams College and beyond – including a few seasons on semi-pro teams in St. Louis and Memphis. After fighting back from several knee injuries and achy joints Lauren eventually hung up her cleats and focused on a more sustainable practice: yoga.

Lauren moved to Memphis from Manhattan at the end of 2015. Coming from a fast-paced, high intensity fashion industry, she found peace an hour at a time in her yoga practice and through breathwork. Lauren is a 500-Hour Registered Yoga Teacher and teaches at Hot Yoga Plus. She also has her Pilates Certification from The Daily Pilates. Her yoga, breathwork, and teaching practice empower her to take back control of her busy life and be more present. Yoga, and more specifically getting in touch with her body, breath, and their connection, led Lauren to a more mindful way of living.

These practices give her the tools to slow down, notice, and create a bit more space to be able to respond instead of react.

Lauren completed the XPT Breathwork Certification and is passionate about helping people improve their lives by finding more peace, confidence and strength through movement and breath.



WORKPLACE WELLNESS: TESTIMONIALS

Companies like Google, Apple, and Aetna use mindfulness programs as a way to increase employee performance, productivity, tenure, and overall workplace satisfaction resulting in lower healthcare costs and a bigger bottom line.



Brett Bartholomew, Author of Conscious Coaching: The Art and Science of Building Buy-In & Founder of ArtofCoaching.com

"Symmetry provides a critical service that is both research-backed, and able to be applied to every aspect of life. Whether you're trying to reduce stress, enhance your performance or improve your ability to focus, their methods are both easy to understand and ruthlessly efficient. I'd recommend their work to not only the executives and athletes I coach, but also to my family. That's how much I trust them!"

Kerry Docherty - President + Co-Founder, Faherty Brand

"Taylor and Lauren from Symmetry provided deeply practical and necessary tools to our team for managing stress and accessing a breath of peace during the day. Highly recommend to any business, school, individual who believes that through the breath, much can be healed."

Bernard Bussie, Process Manager - Last Mile Operations, Nike

"Symmetry came out to Nike to facilitate a breath workshop for our team. It happened right as we prepare to deliver yet another successful holiday. During the workshop, they provided educational awareness about the power of breath. Then led us through an exercise that provided everyone with a sense of calm, allowing us to unlock our full potential, deliver the ultimate consumer experience, and be ready always. Thank you, Taylor and Lauren, we had fun, and the team thoroughly enjoyed your coaching, providing us with new techniques on breathing! THANK YOU!!!"

ADDITIONAL SERVICES

We offer a range of services in addition to our Workplace Wellness programs.

VIRTUAL OR IN PERSON BREATH SESSIONS



TEAM BUILDING THROUGH HEAT & ICE CONTRAST THERAPY



VIRTUAL OR IN PERSON 1:1 COACHING



CONTACT US

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