

Steady Under Load

A six-session nervous system program for teams working under sustained pressure

Six sessions · 12 hours · delivered over three months

On-site or online · teams of 6 to 25

Available Europe-wide

THE PREMISE

Most workplace wellbeing wears off by Thursday

A single good session gives a team a genuine lift. Then the week resumes, the pressure returns, and within days the body is back where it started. The problem was never the quality of the session. It was that lasting change in how a nervous system responds under load doesn't happen in ninety minutes.

This program is built the other way around: spaced sessions across three months, so the body has time to change between them.

Teams carrying sustained pressure develop a predictable pattern. Recovery windows get longer. Small setbacks land harder than they should. People stay switched on after hours without being able to name why. Meetings carry a charge that nobody addresses directly. None of this shows up in performance metrics until it shows up as attrition, sick leave, or a team that has quietly stopped talking to each other properly.

The work here is physical rather than conceptual. Participants learn what their own stress response actually feels like, how to interrupt it, and how to return to baseline faster. It is practical, secular, and requires no prior experience, no equipment, and no belief in anything.

WHO IT'S BUILT FOR

- Leadership teams carrying decisions that don't switch off at the end of the day
- High-load departments: sales, engineering, clinical, legal
- Teams going through restructure, rapid growth, or recovery after a difficult period
- Groups where friction has built up and conversation alone hasn't resolved it

Six sessions, every two weeks

Each session runs two hours with the same group throughout, so the work compounds rather than resetting each time. Sessions are spaced fortnightly by design: the gap is where the change consolidates.

ONE Baseline

How stress physically accumulates, and why willpower doesn't clear it. Group breathing practice to establish a reference point everyone can feel in their own body. Participants leave with one technique they can use the same afternoon.

TWO Recovery Speed

The skill that matters most under load isn't staying calm. It's returning to baseline quickly after something goes wrong. Practical work on shortening that window, applied to real situations from the team's own week.

THREE Breath Under Pressure

An extended guided breathwork session, longer and deeper than a standard corporate slot. This is where held stress and tension get discharged rather than managed. No experience required.

FOUR Reading the Room

Stress moves through a team, and so does steadiness. How individual states shape group dynamics, and what a leader's nervous system transmits to everyone else in a meeting before a word is spoken.

FIVE Team Dynamics Mapping

A structured group exercise in which team members physically position themselves to represent working relationships and roles. Patterns and unspoken friction become visible in a way that conversation alone rarely reaches.

SIX Integration

Consolidating what has changed, building each participant's own short daily practice, and establishing what the team continues doing without me in the room.

INCLUDED

All six sessions, all materials, and a written practice guide issued to every participant after Session Six.

The above is the standard structure. Session count, spacing, and length can be adapted for teams with different schedules or objectives, discussed before booking.

OUTCOMES

What a team leaves with

- Accumulated stress reduced rather than temporarily relieved, lowering burnout risk over time
- Faster recovery after high-pressure moments: meetings, deadlines, difficult conversations
- Practical self-regulation tools each person can use independently, at their desk, long after the program ends
- Improved cohesion through shared experience and clearer group dynamics
- Unspoken friction between roles and people surfaced before it becomes conflict
- Better sleep and steadier energy through consistent practice
- A clearer read for leadership on how their own state affects the team
- A shared vocabulary for pressure, making it easier to name and address early

FORMAT AT A GLANCE

STRUCTURE	Six sessions of two hours, fortnightly
TOTAL DURATION	Twelve hours across approximately three months
GROUP SIZE	6 to 25 participants
DELIVERY	On-site at your offices, or online
LANGUAGE	English
REQUIREMENTS	A quiet, private room large enough for the group to sit or lie comfortably, and a speaker for music. No mats or equipment needed.

INVESTMENT

€4,200

per program · six two-hour sessions · teams of up to 25

Online delivery: €3,400 per program. Groups over 25 are possible with on-site assistance and priced separately. Travel and accommodation covered by the client for locations outside Vienna.

Nathan Marcuzzi

Somatic practitioner and group facilitator working with companies, teams and private clients since 2016, based in Vienna and working across Europe.

My work is breathwork and nervous system regulation: practical, body-based sessions that help people settle, think more clearly, and come down from a state of chronic overdrive. There is no belief system attached to any of it. What happens in the room is physical, and participants can feel whether it worked without being told.

Before this, I spent years in high-end hospitality across hotels, restaurants and guided touring, which is where I learned to read a room and hold attention for people I had just met. I have led sessions everywhere from festival stages to corporate event days, including a full day of breathwork sessions for Dyson Austria. I work equally well with a team of eight or an audience of a hundred.

ALSO AVAILABLE

BREATH RESET	20 to 45 minutes. A guided breathing session that brings a room from scattered to settled, for groups of any size up to 100.
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UNDER PRESSURE	One to three hours. A standalone workshop on stress physiology and practical self-regulation.
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TEAM DYNAMICS MAPPING	One to two hours. The Session Five format offered on its own, for intact teams of 6 to 15.
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Client testimonial available on request.

DYSON AUSTRIA

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