

JOAQUIN HOURBEIGT

Modern Performance & Stress Relief Expert

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Increase Productivity

Reduce Stress

Retain Employees

WHAT JOAQUIN OFFERS

Joaquin has combined his BBA degree with 20 years of meditation and mindfulness expertise to co-found CozyMind. As an international corporate speaker, he is passionate about changing people's mental wellbeing and has spent the past five years transforming burned-out professionals from all over the globe. He designed a method that optimizes productivity through mental wellness tools and performance hacks, reducing stress up to 50% at the end of the workday.

He holds postgraduate studies in Mindfulness and Emotional Management and is a Yoga Alliance Certified Yoga Instructor. Joaquin is an Australian/Argentinian who lived in the Central Australian desert for 4 years where the closest city was 900 miles away.

JOAQUIN'S KEYNOTES

CREATE THE SUCCESS YOU WANT

3 SECRETS TO BOOSTING PERFORMANCE

Picture a day when you are bringing in the money and the clients you want and your friends are pulling you aside to ask **"How do you have this much energy at the end of your workday?"** Find out how to make this day your today.

Attendees will learn how to:

- Do various brain breaks exercises
- Utilize the focus & efficiency benefits of brain breaks during their workday to save up to 4.5 hours and reduce stress by up to 50% daily.
- Create their own productivity routine and save 20-30 minutes everyday.

MINDFULNESS FOR BUSINESS LEADERSHIP

3 POWERFUL PRACTICES TO RELIEVE STRESS

In interactive keynote where you experience different brain breaks in action: breathing techniques (pranayama), meditation, and awareness- building exercises that enable you to build a consistent mindfulness practice that works for you.

Attendees will learn how to:

- Use pranayama (breathing techniques) to bring focus and calm to meetings.
- Use and experience a body scanning technique to support sleep.
- Interrupt the automatic and bring awareness to daily habits, so you can exercise your power of choice and eliminate what's not working for you.

Want To Reduce Stress and Improve Performance?
Book Joaquin!

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WHAT PEOPLE ARE SAYING

"Thanks to Cozy Mind, today I am more productive and present in my life. I have found new tools to protect my wellbeing when work gets stressful.."

Matias L., Facebook, New York

"Eye-opening, calming, and engaging."

Eugenio V., McKinsey Latin America

WHY HIRE JOAQUIN?

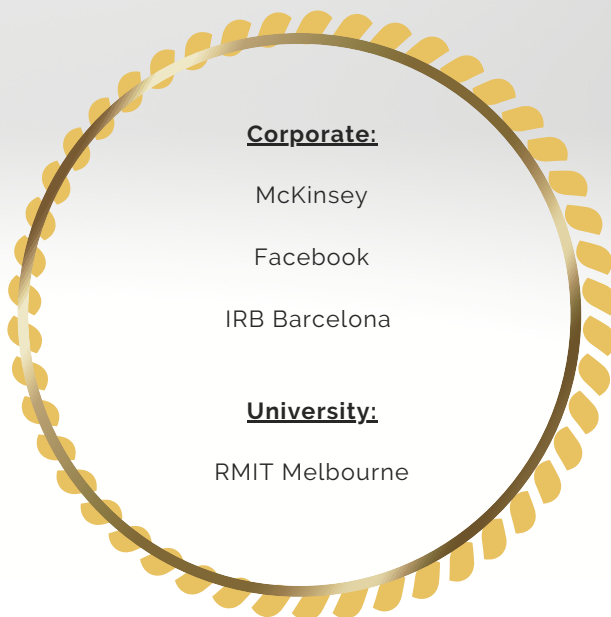
Joaquin is extremely easy to work with and he has 2 main goals.

1. Provide maximum value (online or in-person) so that you, the conference coordinator, can SHINE.
2. Give your attendees POWERFUL CONTENT they can APPLY IMMEDIATELY in their lives.

WHAT MAKES JOAQUIN UNIQUE?

- He uses experiential exercises so the audience embodies new techniques as he speaks.
- He teaches simple, actionable practices designed for busy lifestyles.
- He draws the interest of millennial populations.

PARTIAL CLIENT LIST



Corporate:

McKinsey

Facebook

IRB Barcelona

University:

RMIT Melbourne



JOAQUIN IS AN EXPERT IN THE AREAS OF:

- Performance & Productivity
- Stress Relief
- Emotional Intelligence

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