

THE *e* PUZZLE

Unbreakable Mind. Unstoppable Me.



THE_e PUZZLE in short

BE
THE PERSON
YOU WANT TO
BECOME

We are a science-based
online solution
to stress

Plus we offer services

-  Workshops
-  Co-creation of stress solving use cases



Discover

THE_e PUZZLE WORKSHOPS

Augmented Humans

- ❧ Learn & experience what triggers and influences stress
- ❧ Duration: 1h
- ❧ Display: Onsite or virtual



Experience the control you have on your life

5 gifts:
leave the room being more than when you entered

Quantum Mechanics applied to stress management



- ❖ Learn how the science of minuscule ties to stress management (no scientific background required)
- ❖ Duration: 1h
- ❖ Display: Onsite or virtual

Broaden your horizon: science made accessible to all

Discover how physics applies to stress management

Creative emotions management

- ❧ Learn about emotions while creating 2 art pieces (no artistic skills required)
- ❧ Duration: 2h30
- ❧ Display: Onsite



Learn about what triggers our emotions

Find some peace of mind

Your Extraordinary Agenda

- ✚ Design your dreamlife and bring it into your calendar
- ✚ Duration: 3h
- ✚ Display: Onsite or virtual



Define your dreamlife

Set up the path to make it happen

Shift your mindset: from Employee to Entrepreneur

🧩 The mindset differences

🧩 Boosting your resilience

🧩 Your core values & purpose

🧩 Duration: 1 day

🧩 Display: onsite



Differences
between
employees &
entrepreneurs

Prepare your
mindset

Your pitch
deck

Cyber attacks: are you ready to function?

- ❖ Behavioral patterns
- ❖ Emotion triggers
- ❖ Raise your awareness & resilience
- ❖ Duration: 1 day
- ❖ Display: onsite



How extreme situations can affect our behaviors

Be aware of your comfort zone

Best prepare yourself for intense stress



University
of Basel



WECconnect
INTERNATIONAL



THEY
TRUST
THE_e
PUZZLE

Customers sample

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LET'S DO
MORE
TOGETHER

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 www.thepuzzle.com

 <https://calendly.com/3rocc/30min>

Thank you for your trust



Rachel Ougier Simonin
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