



ROB CORNELISSEN
GENTLE NERVOUS SYSTEM THERAPY

WORKPLACE WELLBEING, THOUGHTFULLY DELIVERED

A calmer moment for your people.

A three-month pilot experience

A considered workplace wellbeing experience, delivered one or two days each week and designed around the rhythm of your organisation.

Three months

A thoughtful experience that allows employees and organisations to explore the approach over time.

1-2 days a week

A steady, manageable cadence that can be planned around the working day.

Individual sessions

Private, optional sessions that give each participant a quieter moment of their own.

THE APPROACH

General Nervous System Therapy

General Nervous System Therapy, also described as craniosacral therapy, is a gentle, hands-on approach delivered with light touch in a quiet and supportive setting. During a session, the participant remains fully clothed while Rob creates a calm space for rest and relaxation.

WHAT THE EXPERIENCE OFFERS

Permission to pause.

The pilot gives people a dedicated opportunity to step away from the pace of the working day, rest quietly and return to their day with more space and presence.

IMPORTANT NOTE

An optional wellbeing experience

This experience is not intended to replace medical care, workplace support or professional mental-health services. Participation is always optional.

A considered experience from start to finish.

Every pilot is shaped around your organisation, working environment and people. The steps below provide a straightforward framework for planning the experience with care.

01 Discuss
We talk through your organisation, your team and what you would like the pilot to explore.

02 Arrange
We agree a suitable date, location, schedule and practical requirements.

03 Experience
Employees attend their individual sessions in a calm and private setting.

04 Review
You gather general feedback and decide whether a wider programme feels appropriate.

PLANNING THE EXPERIENCE

Designed around your working day.

The pilot is delivered across three months, with one or two planned days each week. Timings, session flow and the setting are discussed before the experience is confirmed.

Cadence	Three months, one or two days each week
Setting	Your workplace or Rob's Brisbane, Queensland clinic
Sessions	Individual, private and fully clothed
Feedback	General, voluntary and non-identifiable

PRIVACY & CHOICE

A private experience for every participant.

Individual session details remain private. Participation is optional, and employees can choose whether the experience is right for them without explanation.

THE NEXT STEP

A simple, no-obligation conversation.

Rob can talk through your team, practical requirements, timing and the kind of experience that may work best for your organisation.

Discuss a corporate pilot with Rob

No pressure, no hard sell — just a straightforward conversation about what might work for your people.

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