BECOME UNSTOPPABLE

LEWIS PARIS COACHING • SERVICES FOR ORGANISATIONS

Performing under pressure, without burning out

Coaching, workshops, talks and retreats
for teams and organisations

Lewis Paris • 2026/27

INTRODUCTION

Why this matters now

Stress, depression and anxiety are now the single biggest cause of work-related ill health in Great Britain. In 2024/25 they affected an estimated 964,000 workers and led to around 22.1 million lost working days (HSE).

Most of that cost doesn’t arrive as one big moment. It builds quietly: poor sleep, short tempers, low energy, mistakes, and people who are present but running on empty. By the time it shows up as sickness absence or resignations, it’s been building for months.

I help organisations deal with it earlier and at the source. Through talks, workshops, retreats and 1:1 coaching, I give people the structure to look after their health, manage pressure and show up with confidence, so they can perform at a high level consistently, without their body and mind paying the price.

This document sets out who I am, how I work, what I offer, and how we could work together.

Lewis Paris

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ABOUT ME

I coach from the road I've walked

A ruptured ACL and three knee operations ended my football dream, and my sense of who I was. I rebuilt through health and fitness and founded Lewis Paris Fitness in 2019.

But for years I ran on empty. Five hours' sleep, a business to run, people relying on me, and a voice telling me I was fine. In 2020, after years of chronic stress, I was diagnosed with vitiligo, an autoimmune condition. Around half my face changed colour, and for someone who works face to face with people every day, that was confronting.

That was my turning point. Instead of treating what I could see, I went to the source: my sleep, nutrition, stress, recovery and self-talk. I rebuilt from the inside out, deepened my self-belief and learned to face fear and judgement head on. That process became The Unstoppable System, and it's what I now coach.





2021, at its worst

Experience

- **6 years as Human Performance Coach at Oracle Red Bull Sim Racing**, preparing elite drivers to perform under pressure, and **8+ years** of weekly performance sessions for Red Bull UK; workplace talks for Camelot
- **8,000+ coaching hours** across 10+ years in health, fitness and human performance
- **Business and confidence coach** for Advancing The Seed's Activate Purpose programme (Los Angeles)
- **Creator of The Unstoppable System™**; author of *The Vitiligo Reset*, *The Burnout Recovery* and *The Longevity Blueprint*; **Longevity Strategist** and contributor to *Manifested Action*
- **Certified Life Coach** (Transformation Academy) and **Level 1 ICF-accredited coach training** (The Coaching Masters)
- **Awards:** Personal Trainer of the Year 2024 and Best Personal & Group Fitness Trainer 2023 (SME News); Sports Coach of the Year 2024 (Business Awards UK)

MY APPROACH

Source, not symptom

Most workplace wellbeing treats symptoms: a yoga session here, a webinar there. It feels good for an afternoon, then nothing changes. My work starts somewhere else.

1. Signals before symptoms

Your body tells you something is wrong long before it forces you to stop. Poor sleep, low energy, tension and irritability are signals. I teach people to notice them early and act on them, before they turn into symptoms such as burnout or illness.

2. Widen your capacity

Pressure isn't the problem. Pressure beyond your capacity is. Elite performers don't avoid pressure; they build the capacity to handle it through sleep, recovery, movement, nutrition and a calm nervous system. The same principles work in an office.

3. Mind and body, aligned

How you feel affects how you think, and how you think affects how you show up. I work on both at once: the health habits that steady you, and the self-talk and self-belief that shape your presence, body language and energy in the room.

4. Action, not motivation

Insight without action changes nothing. Every session ends with simple, specific actions people can use the same day, and programmes build them into habits that last.

Proven in practice. A recent client came to me burnt out, emotionally drained and not feeling like herself. By week 8 of my 12-week programme she'd made a clear shift in her beliefs, emotional control, energy and confidence.

THE METHOD

The Unstoppable System™

Everything I deliver, from a 45-minute talk to a 6-month programme, follows the same four phases. Each phase builds on the one before. Most people try to jump straight to action, but without awareness and stability, action doesn't last.

1 **Awareness: understanding yourself**

Spotting your signals, patterns and triggers: how you respond to pressure, where your energy goes, and what's really driving your stress.

2 **Stability: your health state**

The four pillars that widen your capacity: sleep and recovery, activity, nutrition and mindfulness. A steady body creates a steady mind.

3 **Identity: self-talk and self-image**

The language you use about yourself, your beliefs and your self-image. This is where confidence, presence and composure under pressure are built.

4 **Action: behaviour that lasts**

Clear goals, routines and accountability, so people act on what they know consistently, not just after a good session.

Supported by my toolkit

Participants can use resources from my own frameworks: the Self-Mastery Framework, the Daily Operating Framework and Routine Blueprint, the Reflection Framework, the 30-Day Review and 90-Day Performance Audit, the Unstoppable Action List, The Longevity Blueprint, The Burnout Recovery workbook and, for teams who travel, my Jet Lag Mitigation guide.

TOPICS

Talk and workshop topics

Every talk and workshop is tailored to your team. These are the most requested topics, and they can be combined.

Performing under pressure, without burning out

How elite performers handle pressure, and how to widen your capacity so busy periods don’t tip into stress.

Signals, not symptoms

Recognising the early signs of stress and burnout in yourself and others, and what to do about them before they escalate.

Energy at work

Practical sleep, movement, nutrition and recovery habits for desk-based and demanding roles, including beating the afternoon slump.

Presence, confidence and body language

How self-belief, posture and energy shape the way you’re perceived in meetings, presentations and client conversations.

Difficult conversations, without taking them home

Staying calm and composed with challenging people, managing your emotional response, and switching off afterwards.

Self-talk and resilience

Catching the inner critic, building self-belief, and staying steady in the face of fear, doubt and judgement.

Boundaries, recovery and switching off

Protecting time and energy in an always-on world, and building routines that keep people performing for the long term.

TESTIMONIALS

What people say

★★★★★

“We had the pleasure of working with Lewis for a virtual mindset workshop as part of our Activate Purpose 12-week entrepreneurship program. Lewis led a session on limiting beliefs and growth mindset for our group of 14 entrepreneurs, and he was personal, encouraging, and truly inspirational throughout. He held everyone’s attention from start to finish, kept the group engaged, and helped participants realise that with the right mindset, they can become unstoppable in pursuit of their goals. The feedback from our participants was overwhelmingly positive. We’d recommend him to any organisation looking to inspire and motivate their team.”

Jeanette Mandy, COO & Program Manager, Advancing The Seed

★★★★★

“Working with Lewis has genuinely shifted the way I think and approach things. He has a calm, grounded way of making you feel understood while also challenging you to see things clearly and take responsibility for your next step. Nothing feels surface level, it is all intentional and focused on real change. You leave feeling sharper, more self-aware and actually motivated to take action.”

Tomi Layo Akande, 1:1 coaching client

★★★★★

“Lewis is the real deal! He is very attentive, patient, and genuinely invested in your progress. He has a rare ability to help you dig into your own motivations and understand what’s actually driving you, without it ever feeling forced. The process was eye-opening and I keep coming back to the resources he provided.”

Parris, 1:1 coaching client

PACKAGES

Three ways to start

Most organisations start with one of these packages. Each one is priced for a team of up to 20 and tailored to your people.

OPTION A

Kick-Start Day one day, onsite

- Morning: 2.5-hour workshop, *Performing under pressure, without burning out*
- Afternoon: confidential 1:1 drop-in clinic (up to 6 people, 30 minutes each)
- Digital toolkit for every attendee

£1,800 (£2,000 if booked separately)

OPTION B • RECOMMENDED

The 3-Month Reset 3 months, onsite and online

- Month 1: half-day kick-off workshop for the whole team
- Months 2–3: two 90-minute group sessions, with topics chosen with you
- One onsite 1:1 clinic day every month (3 in total)
- Digital toolkit for every attendee
- Anonymous team pulse survey at the start and end, with a short summary report

£4,200 (£4,800 if booked separately)

OPTION C

The Unstoppable Team 6 months

- Everything in The 3-Month Reset
- Months 4–6: a monthly group session and a monthly 1:1 clinic day
- A one-day off-site team retreat (programme and facilitation included)
- End-of-programme review with leadership

£9,750 (£11,500 if booked separately) + retreat venue and catering at cost

Add-on for any option: when your organisation funds three or more people on my 1-Month Intensive, 12-week or 6-month programmes, each place is 10% off (see the rate card).

SAMPLE PROGRAMME

What a 3-Month Reset could look like

A single workshop raises awareness. Three months changes behaviour. This is an example of how The 3-Month Reset runs for a team of up to 20, following the four phases of The Unstoppable System, with leadership involved at the start and end.

When	What happens
Before we start	A 30-minute planning call with leadership or HR to agree goals, plus an anonymous pulse survey for the team (energy, stress, sleep, confidence)
Month 1	**Awareness and stability.** Half-day workshop on spotting signals and widening capacity. 1:1 clinic day.
Month 2	**Identity.** 90-minute group session on self-talk, presence and handling difficult conversations. 1:1 clinic day.
Month 3	**Action.** 90-minute group session on routines, boundaries and switching off. 1:1 clinic day.
After	Repeat pulse survey, a short anonymised summary report, and a 30-minute review with leadership on themes and next steps

Who it's for

- **The team:** practical tools for energy, pressure and confidence, plus confidential 1:1 time.
- **The company:** earlier warning of stress, a shared language for talking about pressure, and measurable before-and-after results.
- **Leadership:** a planning call at the start, a review at the end, and anonymised insight into how the team is really doing.

Logistics

- **Location:** onsite at your office, or online. In person across the UK, online worldwide.
- **Timing:** sessions can run first thing, over lunch or mid-afternoon, to fit around your working day.
- **Confidentiality:** what individuals share in 1:1 sessions stays private. You'll only ever receive anonymised, team-level themes.

£4,200 for a team of up to 20 (£4,800 if booked separately)

SERVICES

What I offer

Talks and keynotes

45–60 minutes, onsite or online. Ideal for all-hands meetings, conferences, wellbeing weeks and lunch-and-learns. Big ideas, practical takeaways, any group size.

Workshops

Interactive half-day or full-day sessions where people learn, practise and leave with tools they'll use the same day. Best for groups of up to 20.

Retreats

One- or two-day off-site retreats combining workshops, movement, recovery, reflection and team connection. Designed around your goals, with venue options in and around London.

1:1 coaching for staff

Confidential coaching, onsite or online:

- **One-off session:** 60 minutes of focused support on a specific challenge.
- **Onsite clinic day:** up to six back-to-back 1:1 sessions at your office.
- **1-Month Intensive:** a 90-minute kick-off, three weekly 60-minute sessions, WhatsApp support and the toolkit.
- **12-week programme:** The Unstoppable System in full, with a 2-hour onboarding session, weekly 60-minute sessions, WhatsApp support between sessions, progress check-ins and the full toolkit.
- **6-month programme:** the 12-week programme, followed by three months of fortnightly sessions to embed the change.

Group programmes

The Unstoppable System for Teams: six 90-minute group sessions over three months, taking a team of up to 15 through all four phases together.

Ongoing partnership

A monthly retainer for organisations that want continuous support: a monthly group session, a monthly 1:1 clinic day and a quarterly review. Minimum six months.

INVESTMENT

Rate card

Service	Format	Price
Talk or keynote	45–60 min, onsite	£650
	45–60 min, online	£500
Half-day workshop	2.5–3 hrs, up to 20, onsite	£1,200
	2 hrs, online	£950
Full wellbeing day	Workshop and 1:1 clinic	£2,000
Group session	90 min, up to 20	£600
One-day retreat	Programme and facilitation	from £2,500*
Two-day retreat	Programme and facilitation	from £4,500*
1:1 session	60 min, onsite or online	£150
Onsite 1:1 clinic day	Up to 6 sessions	£800
1-Month Intensive	Per person	£600
12-week programme	Per person	£1,500
6-month programme	Per person	£2,400
The Unstoppable System for Teams	6 × 90 min over 3 months, up to 15	£4,200
Ongoing partnership	Monthly, minimum 6 months	£1,250/month

* Venue, accommodation, catering and any activity costs are charged at cost or booked directly by you.

Group sizes

Group prices cover up to 20 people. For 21–30 people, add 25%. For 31–40, I run two groups, and the second is half price. For 41+, I'll quote separately. Talks and keynotes are the same price for any group size. Clinic days include up to six 45-minute 1:1 sessions; add more days as needed.

Included as standard

- A planning call before any booking, and content tailored to your team
- Digital resources from my toolkit for every participant
- Travel within London. Travel outside London is charged at cost.

Discounts

- **10% off** 1:1 programmes when three or more staff enrol
- **Package pricing** when combining services (see the recommended options)

WORKING TOGETHER

How it works

1 **Intro call**

30 minutes to understand your people, goals, timings and budget.

2 **Proposal**

A clear outline of sessions, format and cost, within 48 hours.

3 **Tailoring**

A planning call and, where useful, an anonymous pulse survey, so the content reflects what your people actually need.

4 **Delivery**

Onsite or online, with practical tools and resources people keep.

5 **Review**

An anonymised summary of themes, feedback and recommended next steps.

Measuring impact

For programmes, I measure before and after using a short anonymous survey covering energy, stress, sleep, confidence and focus, alongside attendance and participant feedback. Individual answers are never shared.

Wellbeing and safeguarding

I'm a coach, not a doctor or therapist. My work supports your existing wellbeing provision, such as an Employee Assistance Programme or occupational health, and doesn't replace it. If anyone needs medical or mental health support, I'll signpost them to the right professional.

PRACTICALITIES

Terms

- **Booking:** a 50% deposit secures your dates. The balance is due within 14 days of the final session's invoice. Programmes can be invoiced monthly.
- **Rescheduling:** sessions can be rescheduled free of charge with at least 14 days' notice.
- **Cancellation:** cancellations with 7–14 days' notice are charged at 50%. Cancellations with less than 7 days' notice are charged in full.
- **1:1 sessions:** require 48 hours' notice to reschedule. Missed sessions are charged.
- **Confidentiality:** 1:1 coaching content is confidential between me and the individual. Organisations receive anonymised, team-level feedback only.
- **Business:** Lewis Paris Coaching is a trading name of Lewis Paris Fitness Ltd, registered in England and Wales, company no. 11988710.
- **Prices:** valid until 31 March 2027.

NEXT STEPS

Let's talk about your team.

Book a free 30-minute intro call, or email me with what you have in mind. You'll receive a tailored proposal within 48 hours.

Book an intro call

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