



## MISSION STATEMENT

To make composure, and its benefits, accessible to all, through teaching practical short-term exercises, that build up longer-term resilience, productivity and wellbeing. To promote regular composure exercises as a normal and valuable part of everyday life. Revealing composure as a strength that can be learned.

Because, composure is important for overall health and effectiveness.

We believe that tailored composure tactics can work for anyone, regardless of differences in personality, backgrounds, health-status, trigger-points, skills and abilities.