



Breath@Work Sample offerings

Contact us at contact@breathatwork.net

Our objective is to provide a rich blend of theoretical insight and practical experience for individuals keen on exploring the multifaceted realm of breathwork.

What We Offer:

- **Diverse Learning Modalities:** From webinars, talks, workshops, to weekly breathwork sessions, we cater to groups of any size, including one-on-one sessions.
- **Online Flexibility:** Our predominantly online approach ensures accessibility for a vast audience, spanning multiple time zones.
- **Tailored Sessions:** Duration and content of our sessions are adapted based on your group's objectives, size, and distinct requirements. Be it senior management meetings, "lunch & learn" events, wellness days, or team-building activities, we meticulously craft our offerings to resonate with your environment and aspirations.

Session Composition:

- **Experiential Breathwork:** Participants immerse themselves in diverse techniques, witnessing firsthand the transformative power of directed breathing.
- **Educative Segment:** We delve into the compelling science behind breathwork and the biomechanics of breathing. This foundational knowledge equips attendees to breathe optimally, setting them on a path to peak performance, happiness, and sustained well-being.

Integration Potential:

- All our programs can stand independently or seamlessly integrate into your existing corporate learning, development, or wellness initiatives.



Sample Offerings:



Basic

Example 1

Introducing breathwork into the workplace

Webinars:

One 60-minute webinar on the fundamentals of breathwork

Resource Pack:

Comprehensive list of apps, articles, and books.
A curated collection of breathwork techniques tailored for various outcomes.



Start

Example 2

Exploring breathwork as a new skill and developing breath intelligence

Webinars:

One 60-minute webinar on the fundamentals of breathwork.

An additional 60-minute webinar rich in content and experience, centred on health, productivity, resilience, and energy management through breathwork (select from a provided list).

Resource Pack:

Comprehensive list of apps, articles, and books.
A curated collection of breathwork techniques tailored for various outcomes.

Weekly or Bi-weekly

Breathwork Sessions:

Three 30-minute sessions, breathwork sessions. Each session is designed to concentrate on particular workplace enhancements: from presenting with more impact, accelerating decision-making, boosting work efficiency, to maintaining focus and concentration. They can also help fortify skills in stress management and promote confidence, executive presence, and increase overall motivation



Grow

Example 3

Applying breathwork to specific workplace situations and tasks to cultivate high performance

Webinars:

One 60-minute webinar on the fundamentals of breathwork.

Three additional 60-minute webinars, rich in content and experience, centred on health, productivity, resilience, and energy management through breathwork (select from a provided list).

Resource Pack:

Comprehensive list of apps, articles, and books.
A curated collection of breathwork techniques tailored for various outcomes.

Weekly or bi-weekly

Breathwork Sessions:

Eight 30-minute breathwork sessions. Each session is designed to concentrate on particular workplace enhancements: from presenting with more impact, accelerating decision-making, boosting work efficiency, to maintaining focus and concentration. They can also help fortify skills in stress management and promote confidence, executive presence, and increase overall motivation.

Sample Offerings:



Basic

Example 1

Introducing breathwork into the workplace



Start

Example 2

Exploring breathwork as a new skill and developing breath intelligence

Tracking Tools:

A detailed workbook to self monitor progress and changes throughout the program.

Breathwork App:

Access to a comprehensive breathwork app filled with recommended techniques and sessions. (Note: Additional cost for app usage.)



Grow

Example 3

Applying breathwork to specific workplace situations and tasks to cultivate high performance

Tracking Tools:

A detailed workbook to self monitor progress and changes throughout the program.

Breathwork App::

Access to a comprehensive breathwork app filled with recommended techniques and sessions. (Note: Additional cost for app usage.)

Facilitated 30-Day Challenge (using Slack or other medium):

Begins and ends with a survey to gauge progress

Access to Recordings:

All session recordings will be made available on a dedicated platform or private video channel for easy access and review.



More offerings:

Breath-Informed Webinars:

- Duration: 60 minutes.
- Focus: Dive into the transformative power of breath in our breath-informed webinars. These sessions explore the critical intersections of breath with health, well-being, and optimal performance.

Potential Topics:

- Breath & Physiology: Understanding the basics and the impact of breath on our body systems
- Mindful Breathing: Techniques and benefits of using breath for mindfulness and meditation.
- Breath for Stress & Anxiety: Practices to reduce and manage daily stressors.
- Optimising Sleep: Utilising breathwork to improve sleep quality and overcome insomnia.
- Enhancing Physical Performance: Breathwork for athletes and fitness enthusiasts.
- The Neuroscience of Breath: Delving into how breath affects our brain and neurology.
- Digital Detox: Using breathwork to reduce the impacts of screen time and technology overload.
- Breath & Emotion: Techniques to navigate and process strong emotions.
- Creative Breathing: Unlocking creativity and problem-solving capabilities through breath.
- Breathing Through Transitions: Managing life changes and uncertainties.
- Breathing Through Grief & Trauma: Healing practices for deeper emotional wounds.
- Energising Breath: Quick practices to invigorate and refresh during workdays.
- Women's Health & Breath: Addressing unique aspects like menstrual cycles and hormonal changes.
- Breath & Nature Connection: Using breathwork to deepen our connection to the natural world.
- Parent-Child Breathing: Techniques for parents and children to practice together, fostering connection and calm.
- Decision-Making & Breath: How breathwork can assist in clearer and more intuitive choices.
- Breath & Aging: Practices beneficial for different life stages.



More offerings:

Customised Breathwork Program:

- Tailor-made solutions for your team or organisation. Whether you're aiming to foster more connection, boost innovation, increase motivation, navigate conflict, reduce stress, or tackle broader organisational challenges like employee retention or engagement, we're here to co-create a breathwork program that aligns with your goals.

Individual Breathwork Coaching:

- Ideal for professionals grappling with challenges like chronic stress, burnout, emotional dysregulation, public speaking anxiety, focus deficits, or lack of confidence.
- Approach: Personalised sessions, meticulously crafted to address the unique needs and aspirations of the individual.

Contact us at contact@breathatwork.net today to discuss your organisation's requirements and design a breathwork program that will make a lasting impact.

