



BREATHE ME

WORKPLACE WELLNESS

FOR RESILIENCE & RESOURCEFULNESS

*Create A Resilient Body & Resourceful Mind
With Science Based Wellness Techniques*

After your class, I felt really energised and I had a very productive day at work, I excelled in my meetings and I was in a much better mood! I also had a great night's sleep for the first time in two weeks, so thank you so much!

Lucy Ladbroke | Conference & Events Manager
Royal Australasian College of Physicians



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ABOUT THE FACILITATORS



ANGIE & SHANE SAUNDERS

Founders of Breathe Me, award winning authors, professional coaches, professional speakers, and hosts of The Breathing Edge Podcast.

Shane served for 13 years in the Australian Defense Force where he trained military divers, tactical assault experts, and top military performers in mind-body self-regulation science while also assisting them to successfully complete the SAS selection course, which he also completed himself.

Angie is from a high-powered background in the entertainment industry in Hollywood where she worked both in front of the camera (singing, dancing, acting and stunts) and behind the scenes in production, coordinating films where personal high performance was central to her profession.

Shane and Angie joined forces in Australia, not only in marriage, but in their professional work where together they built a business, BreatheMe, that helps people experience and implement multi-disciplinary techniques for improving health and performance.

Their common interest in the art (practice) and science (research) of mind-body psychology and the development of optimal self-regulation during performance under pressure that led them to weaving together an integrated collection of high-performance learning techniques for reducing stress, working in demanding environments. improving sleep, and stabilizing personal energy. These techniques include the union of ancient wisdom of the breath with breathing science to lower reactivity, improve focus, and bring the mind and body into balance.

BREATHE LIFE INTO YOUR ORGANIZATION... LITERALLY

In the wake of COVID-19, it's never been more critical for business and HR leaders to address the mental well-being of their teams head-on. Whether you're a small team, or you're looking for an enterprise ready solution, we can help by providing a framework to transform your culture, your people and your company results - from the inside out.

Organizations are now catching up to the science in that breathing is the simplest, easiest, and most cost effective tool to implement when situations of stress, burnout, and conflict arise in the workplace... and it only takes a few minutes.

We work with dynamic organizations committed to enhancing the wellbeing and performance of their people through practices that are backed by science and can be used at any time.

Our techniques empower teams to:

- Manage stress, reactivity, and irritability
- Access enhanced focus and creativity on demand
- Boost physical and mental performance in the short and long term
- Tame anxiety and stabilize moods
- Improve sleep quality and quantity
- Ease fatigue, brain fog, and the afternoon slump - without stimulants or substances
- Reduce sick days by managing burnout and imbalances in the body

By nurturing the physical and emotional wellbeing of your team and leaders, you can cultivate a more focused, harmonious, effective work environment for everyone!

HOW WE CAN HELP

01

7 DAY WELLNESS CHALLENGE ***CREATE THE HABIT OF WELLNESS***

Perfect place to start. Introduce breathing education and a simple six minute daily practice to help employees get into the habit of looking after their own wellness as well as track their progress.

02

THE BREATHING STUDIO ***DEEPEN THE PRACTICE AND THE RESULTS***

Access recorded session in app or attend LIVE group trainings with longer breathing and movement sessions to deepen the results of employee wellness. Helping them to relax, energize, meditate, or move.

03

ENERGIZED LEADERSHIP PROGRAM ***BUILDING THE ENERGY TO LEAD***

A 90 day turn around program based on the science of human biology and psychology. This is for the leader/s who need the energy to increase the quality of productivity, performance, and sleep.

04

SPECIAL OPS LEADERSHIP TEAMS ***STRENGTHEN TEAM COHESION***

Helping to strengthen the skills needed to work in a cohesive team. Using the principles from training special forces soldiers to identify gaps and clear conflict so the team can get on with business.

I have to admit, breathing can change your life? I was a huge sceptic. So I tried out a workshop Angie & Shane from BreatheMe delivered. It made a difference to my life. I had them come and do a few workshops for stressed out team leaders and safety leaders and it made a lasting impact. I highly recommend them.

Michelle Riley | Manager, Safe People & Culture
Melbourne Water

