

# BREATHQ

master your breath. improve your life.

**On a single day**, we take **25.000 breaths** – in and out.

So it's probably worth getting most of those breaths right – right? Yet every day we waste nearly half of the body's main energy supply by inefficient, dysfunctional breathing patterns. This affects everyone from athletes, health care professionals, corporate executives, those with physical and mental health conditions – simply every man, woman and child.

## BENEFITS OF BETTER BREATHING

- ✓ Reduces stress, anxiety, and depression
- ✓ Boosts immune system
- ✓ Improves sleep
- ✓ Regulates your energy levels
- ✓ Increases work and sports performance
- ✓ Minimizes chronic and acute pain
- ✓ Decreases digestive problems
- ✓ Sharpens focus, improves memory and concentration
- ✓ Lowers blood pressure
- ✓ Transforms your mood for the better
- ✓ And many more

**Join us on** a journey to discover how extraordinary the act of breathing can be – and why so much depends on how we do it.

## BREATHQ PROGRAMS

Individual Trainings



Corporate Academy

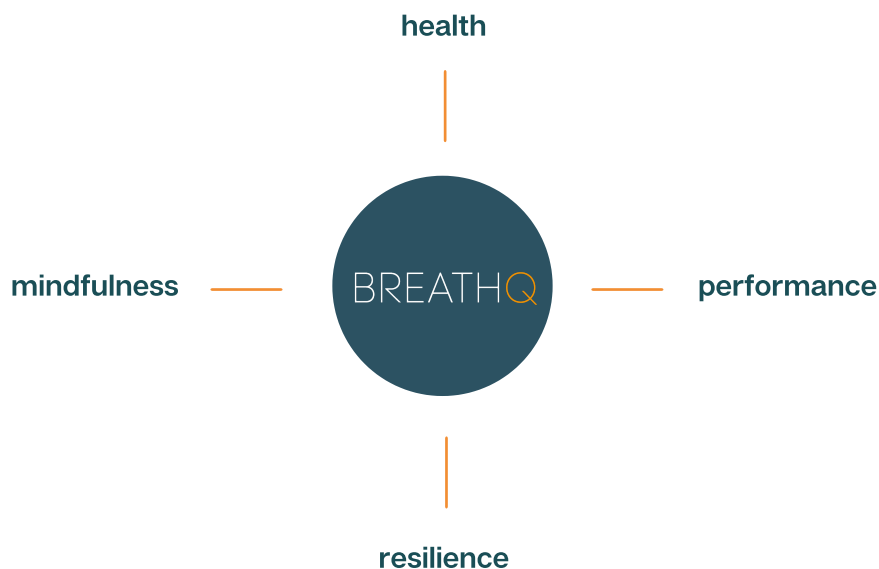


Life Experiences



# BreathQ Corporate Academy Programs for Employee Wellbeing

With a shift in how we all work, and a rise in appreciation of both physical and mental health issues, more people than ever are considering their wellbeing at work. At BreathQ we have created a corporate program centered on **better breathing** – one that your organization can access right now, to meet the wellbeing needs of your employees.



Our approach is inclusive, easy-to-understand, and accessible to all cultures, religions, and gender, and specifically tailored to meet the organizational needs of corporate clients. Our coaching is based on science-proven principles, using simple, safe, and effective breathing exercises in an empathetic and confidential space. The highest quality standard of professional breathwork is guaranteed by equally certified breath instructors of different nationalities and cultural backgrounds, ensuring multilingual coaching in consistent quality.



*These techniques are very helpful when you are in situations where you need to focus and control your anxiety. Those helped me a lot recently.*

**Fillipo**, Senior Marketing Manager



*Our breath coach understood business on a level that helped understand our challenges.*

**Emma**, Director Sales Training & Development

# Welcome to BreathQ Academy™

- **Support your employee's health and wellbeing.** Stress, burnout and overwhelm have become commonplace and exacerbated in a post-Covid world, where working practices are constantly changing. Empower employees, by gifting them a way of managing and sustaining their health. One they'll remember that you gave them for the rest of their life, carefully curated by some of the world's best breath coaches.
- **Care for every individual - nurture the whole.** Inclusive for all. Breathwork ensures no one in your team is left out or feels left behind. Our programs are suitable regardless of age, gender, culture or physical ability. Everyone can join in and benefit. So, whether customer-facing or computer-facing, the BreathQ Academy™ supports all staff, who in turn, support your organization.
- **Tools for your team to fly.** Performance. We can't get away from it, after all, we are at work! But if your employees don't feel their best selves, are tired, or lack energy, it's difficult to meet the demands of a busy workplace. BreathQ's simple & memorable techniques can reduce stress before a meeting or boost energy to get that project over the line, helping your team to achieve more, more often.
- **Build a Wellbeing Strategy that is Proactive and Preventative.** Well-being and being well in the long term is something we all want. Proactive breath coaching will help your employees to navigate through life's ups and downs and can fill the gap of your corporate wellbeing strategy. So, give employees tools they can access 24/7, empower them to take control of their own wellbeing, and establish a self-care routine allowing them to keep the good practices up.
- **Boost your culture, employer brand and employee engagement.** Want to increase your employee retention, attraction, and engagement and shake up your culture? BreathQ has got you covered. Your Management & HR team will have more impact too. Being able to focus on business growth and employee development, rather than the revolving door of recruitment.

## BENEFITS OF BREATHWORK FOR BUSINESSES AND ORGANIZATIONS

- ✓ Improve employee retention
- ✓ Increase productivity
- ✓ Promotes workplace collaboration
- ✓ Boost individual and organizational resilience
- ✓ Decrease health care premiums
- ✓ Reduce employee absenteeism
- ✓ Prevent workplace burnout
- ✓ Augment job satisfaction

## HOW IT WORKS

- A bespoke coaching program that fits your organisation
- Fully qualified and experienced breath coaches
- Coaching onsite in-person, virtually, or on-demand
- Your own Telegram Channel for Q&A's
- Regular mini-motivators to help embed new practices
- Open to all your employees, anywhere in the world
- In-language coaching for maximum engagement and effectiveness
- A launch event with the whole company to kick things off

## **BreathQ - healthier employees, higher efficiency and boosted morale**

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BreathQ is an international collaboration of certified breath coaches with the mission to bring the benefits of better breathing to a wider audience. Our professional programs enable clients to quickly become breath aware and introduce them to science-based, safe and simple breathing techniques, empowering them to master their breathing to the full benefit – after a short period and without further guidance.

### Get in touch

- and begin breathing with us:

[www.breathq.academy](http://www.breathq.academy)  
[info@breathq.academy](mailto:info@breathq.academy)

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