

FROM BURNOUT TO BREAK THROUGH

TIM WAGNER

SPEAKER | FACILITATOR | BREATHWORK ALCHEMIST



“

I have attended a few sessions led by Tim and they were transformative and also practical, providing tools that can be immediately applied to improve both personal and professional life. Tim's expertise and passion make him an outstanding facilitator.

- Dr. Saurabh Patil

Tim Wagner is a transformational thought leader on stress management who embraces authentic leadership, employee well-being and psychological safety through Breathwork. Sharing personal insights, he inspires professionals to design lives of purpose, no longer led by default.



Coaching Program

**Life Mastery Journey for Ambitious Leaders.
Personal Development and Growth strategies.**

Tim's signature Professional Pointer Program™ incorporates a 7 step transformational journey to align personal mastery with leadership excellence and values.

Helping Teams and Individuals:

- Increase problem solving abilities
- Release stress and avoid burnout
- Align personal and company values
- Improve productivity and performance
- Improve Leadership skills

Team Takeaways:

- Greater sense of purpose
- Improved health and focus
- Higher productivity and employee retention.
- Increase sales, reduce costs and save time.

Key Benefits:

- Reduce absenteeism by 34%.
- Reduce chances of burnout that 76% of employees experience.
- Address the decrease in employee wellbeing in companies.
- Increase engagement for higher retention and prevent quiet quitters.

Professional Speaker

**Stress Management tools.
Healing in the Work Place.
Psychological Safety.
Well-being Workshops.**

I imagine a time where business leaders embody authentic leadership, creating workplaces where teams thrive feeling seen, heard, and valued by using Breathwork as the catalyst.

Talks Subjects

- The silent crisis in Leadership: Spotting and stopping the slide to burnout.
- Tools and strategies for high performing teams to stay focussed and productive when working under constant pressure.
- How to prevent your star performers from losing passion for their work.
- Experimental Breathwork to release stress and prevent burnout.

Talks are tailored to individual company requirements and needs.



“

Tim effortlessly balances top-tier professionalism with a contagious sense of calm across diverse contexts delivering his message with compelling clarity and impact.

I am pleased to recommend an expert who delivers on what they promise and Tim consistently over-delivers.

Marie le Roux. Media Strategist.

Contact Tim



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Tim Wagner
PROFESSIONAL POINTER



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