



IN-PERSON TRAINING



# BREATH WORK BASICS *for*

## WORKPLACE WELLNESS



# LEARN *The* BASICS

- ✓ Stress & the 8 Dimensions of Wellness
- ✓ Nervous System Modulation
- ✓ Breathing Habits that Increase Stress
- ✓ How to Decrease Stress with Breathing Techniques



# BEGIN *The* PRACTICE

360 Breathing

Guided 4:8 Breathing

Guided Box Breathing





## MEET YOUR *Instructor*

Erin has over 17 years experience working as a communications and wellness professional for some of the most cutting-edge health programs in the country. This includes public universities, state-of-the-art hospitals, private corporations, and non-profit organizations.

She holds a BA in communications and has extensive experience teaching public speaking. In 2010, she began teaching yoga and breathing practices as a registered yoga teacher (RYT). Erin holds an MS in exercise physiology from the University of Central Florida. She is a certified life coach, corrective exercise specialist, nutrition and wellness coach.

In 2020 she founded Breathe Well Coaching with one goal in mind to help her clients breathe well, be well and speak well by decreasing stress in all areas of their well-being. Today Erin coaches private clients and companies all over the United States and internationally.

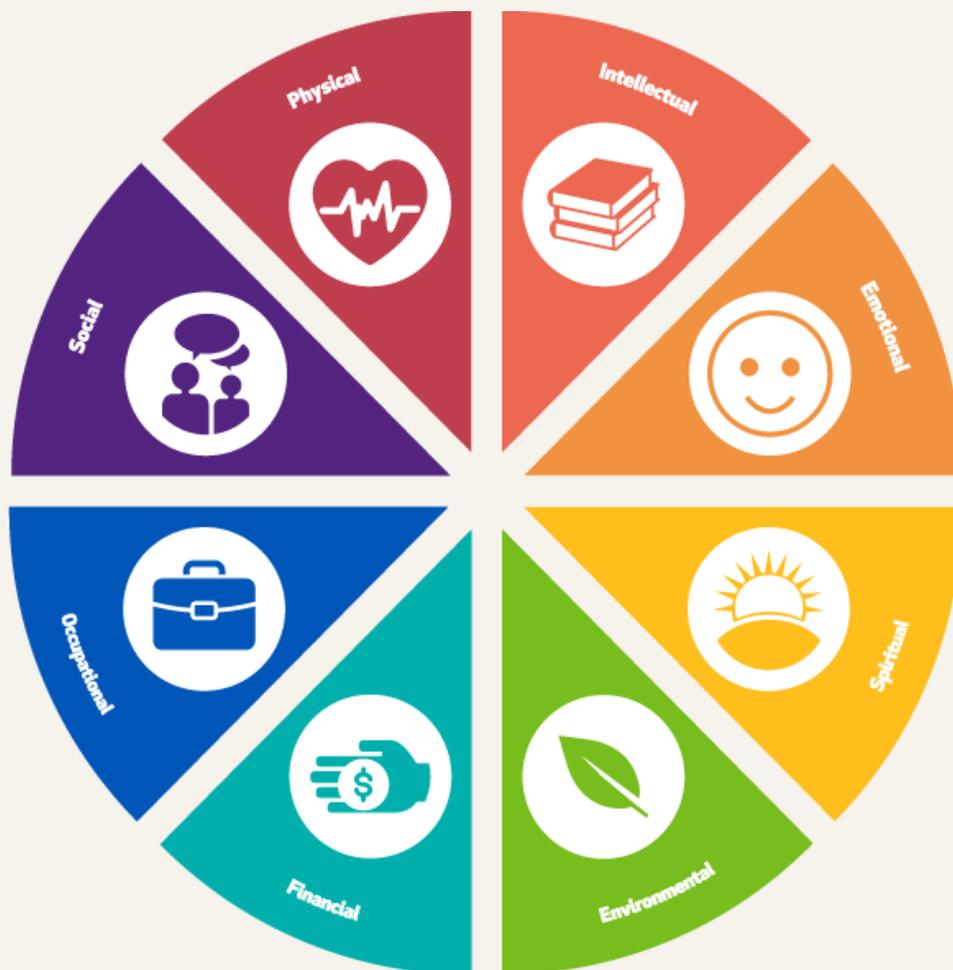
*Breathe well,*

*Coach Erin*



# WELLNESS *Wheel*

When we feel stress it's multidimensional. It can be because of our physical health, our finances, occupation, relationships and so on. As a breathing **and** wellness coach it's helpful to briefly address the 8 dimensions of wellness **before** we begin breathing for stress management.



**Good well-being is about creating a healthy balance.** The wellness wheel is a great visual for us to remember. Just like a wheel on a bike can only provide a smooth ride when it's in alignment. We can have better health, peace and happiness when we pursue wellness holistically.

Using this wheel, I will briefly describe each dimension, then rate yourself 1-10 in each area of your life.



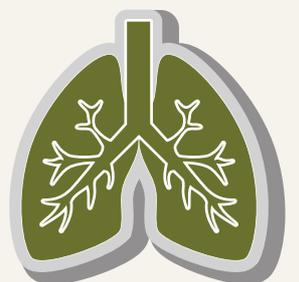
# NERVOUS SYSTEM *Modulation*

Sympathetic Nervous System

Parasympathetic Nervous System

Unhealthy ways we modulate

Breathing as a healthy way to modulate the nervous system



# BREATHING HABITS

*that increase stress*

## Breathing Mechanics

Mouth Breathing vs Nasal Breathing  
Breathing Rate

## Breathing Patterns

Vertical vs Horizontal  
Screen & Email Apnea



## PRO TIP

*Nose is for breathing,  
mouth is for eating*

# BREATHING HABITS

*to reduce stress*

- ✓ Nasal Breathing
- ✓ 360 Diaphragmatic Breathing
- ✓ Decrease Breathing Rate
- ✓ Lengthen the Exhale



## PRO TIP

*Breathe less to reduce stress*

# LET'S *Practice*



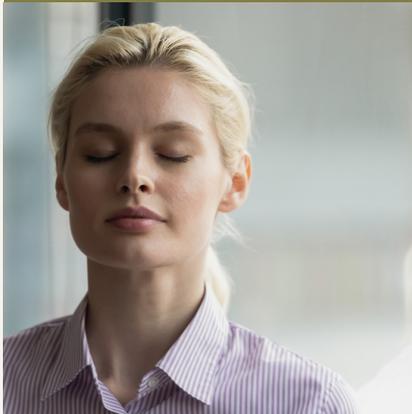
360  
*Diaphragmatic  
Breathing*



*4:8 Breathing*

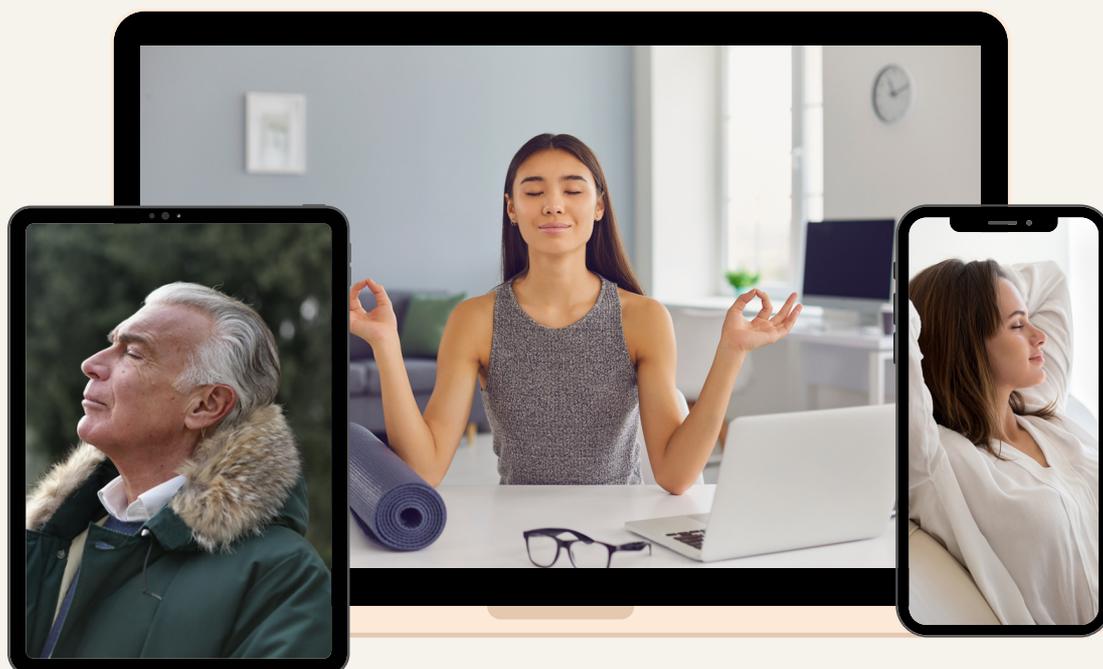


*Box Breathing*



*Nasal  
Breathing*





**THANK** *You!*

*I appreciate your time and attention. I hope you were able to learn something new today. The techniques I teach are practical and simple, but they **only** work if you practice them.*

*Set a timer, take a breathing break, breathe before a stressful meeting or difficult conversation. Use your breath to change your physiological response to stress. It's a powerful, natural tool that's always available for you to use. If you have any questions, please feel free to email me.*

*Erin@BreatheWellCoaching.com*

*Breathe Well*



BREATHING & WELLNESS COACHING

# COACHING *Services*

## ● PUBLIC SPEAKING

Public speaking is defined as communicating with two or more people to deliver a message. Work with a coach to improve your team's clarity, confidence, and delivery. This skill is important in all industries at every level. Work privately with a coach to develop effective strategies for improved internal and external communication. Our unique curriculum helps to decrease stress and anxiety associated with public speaking performance.

## ● WELLNESS & LIFE COACHING

*Coaches excel at getting you from where you are to where you want to go in life. They help bring clarity and progress. Coaching helps you identify obstacles, habits and behaviors that are blocking you from the success you deserve. Coaching is a supportive partnership in the pursuit of optimal well-being in all areas of your life. If you have ever felt stuck a coach can help you implement strategies and tools to reach your goals.*

## ● CORPORATE WORKSHOPS

*Give the gift of well-being to your employees or customers. Topics include stress management, time management, mindfulness, enhanced communication, dimensions of wellness, healthy living, breathwork, and office yoga. Group workshops can be scheduled monthly or as a single event either online or delivered in person.*

## ● COACHING ON-DEMAND

*Coaching on-demand is for companies that want to take your team's wellness to the next level. Extend the coaching workshop experience to offer private on-demand coaching for your employees. This allows your team to implement strategies and best practices in a confidential and safe environment. On-demand coaching is completely virtual and scheduled individually. On-demand coaching contracts usually last for 3-6 months.*

**BREATHWELLCOACHING.COM**

