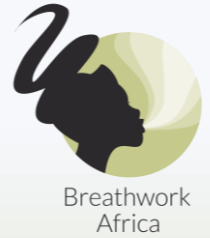
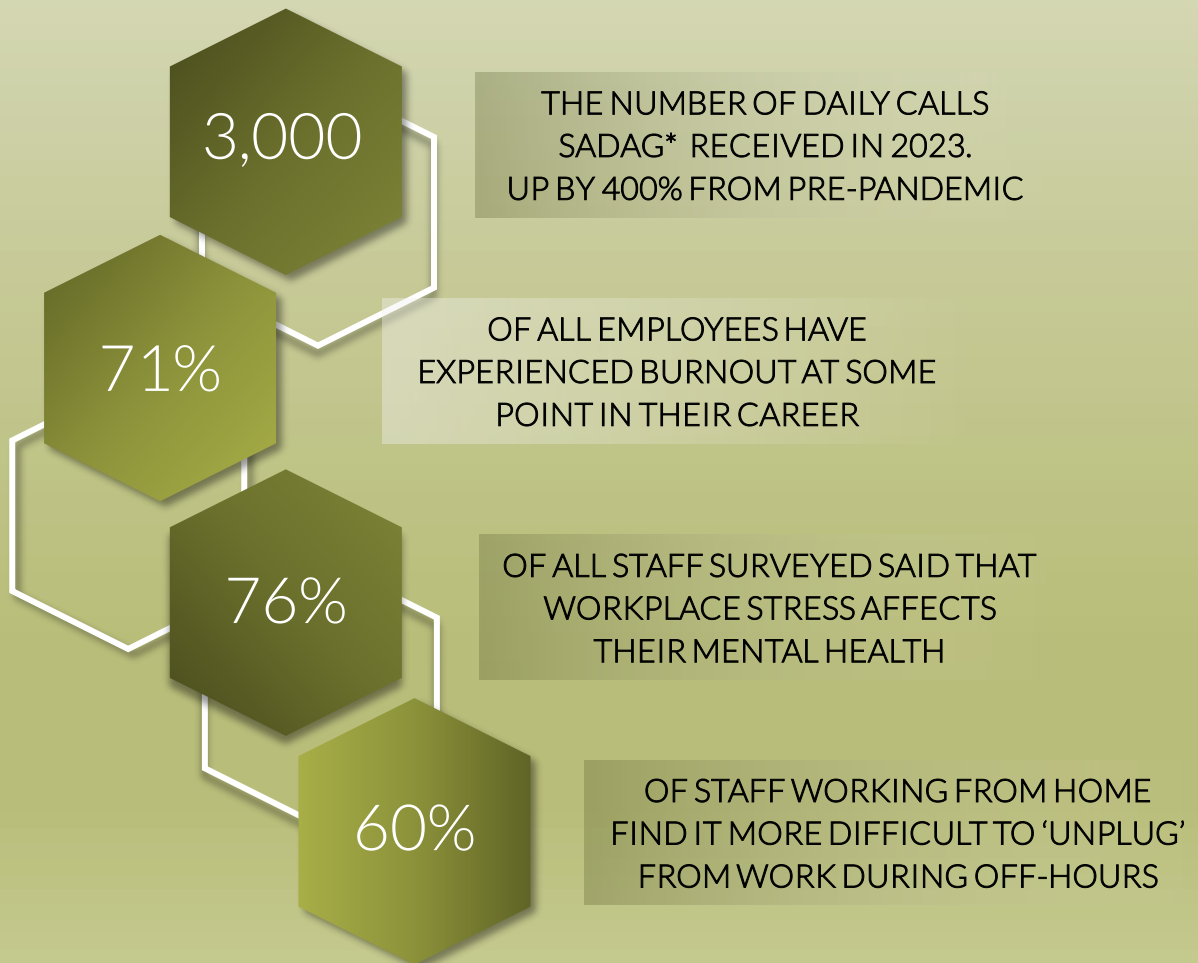


WORKPLACE INSPIRATION



Breathwork
Africa




BREATHWORK IS THE NEW PARADIGM IN
WORKPLACE WELLNESS

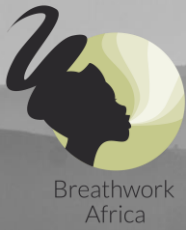


*South African Depression and Anxiety Group



www.breathworkafrica.co.za

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BREATHWORK IS THE NEW PARADIGM IN WORKPLACE WELLNESS

Burnout is the new pandemic

Alarming statistics on burnout in the workplace has organisations questioning their approach to wellness and how to better support their employees in the post pandemic work environment.

Burnout has reached staggering proportions, so much so that the World Health Organisation included burnout in its International Classification of Diseases for the first time in January 2022.

It described [burnout](#) as “resulting from chronic workplace stress that has not been successfully managed”. Sadly, organisations are floundering in how to support their employees in understanding burnout, preventing it, and recovering from it.



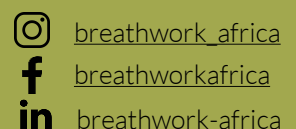
The true cost of employee burnout extends beyond healthcare spending. It includes lost productivity, turnover, and the impact on organizational talent. Executives must recognize their role in creating workplace stress and take organizational measures to address burnout.

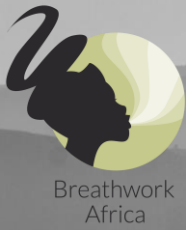
McKinsey Health Institute Article, 27 May 2022

So why is the simplest, most accessible tool for recovery from burnout not included in wellness programmes? Scientific research shows the immediate and long-term effect of conscious breathing on the brain-body connection as well as the intimate role it plays in regulating the nervous system and psychological states.



For more information
info@breathworkafrica.co.za





BREATHWORK IS THE NEW PARADIGM IN WORKPLACE WELLNESS

How can we support you and your team?

Most wellness programmes focus on supporting fitness, diet, and life skills, but very few include breathing, and yet it is the missing link which connects how a person feels, thinks, and behaves.

Learning the skill of conscious breathing provides individuals and organisations with a lifelong tool to be accessed anytime and anywhere for improved mental and physical wellbeing.



Our workshops are relevant for corporates, community organisations, training facilities, SMMEs and special interest groups and are curated to the needs of the organisation or group. They can be tailored to suit your organisational requirements and are adapted to be effective as online or in-person events.

We have a variety of offerings that include Talks & Workshops, Bespoke Programmes, and Nature Breath Adventures.




Keynote Talks & Workshops

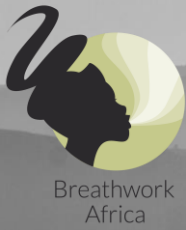
Our keynote talks and workshops are presented by internationally certified Breathwork Practitioners. These talks can be offered in-person, online, webinar or workshop. A few of our most popular topics include:

- ❑ Managing Stress - Five Pillars of Resilience
- ❑ Unlocking your creativity through breath
- ❑ Burnout to Breathing: Energy management in the workplace
- ❑ Wellness in the Workplace for the 21st century



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BREATHWORK IS THE NEW PARADIGM IN WORKPLACE WELLNESS

Bespoke Programmes

Simple tools to support mental and emotional well-being in the workplace is crucial. We offer tailor-made programmes that are geared to create an understanding of the science of breathing, offering practical breathing techniques that can be accessed by anyone in a functional way. Some of our workshops include:

- Breathwork Foundation Course for Talent Development Teams (Human Capital)
- Breathing for everyday life (1-hour online or in-person)
- Conscious Breathing Programme (tailored 6-week programme)



Breath Adventures

Breath Adventures combine a nature experience with breathwork in a fun and practical way. Our adventures are typically between one and two hours in duration and can be adapted to suit your event brief, whether it's a leadership getaway, a staff year-end function or a team strategy session.

How impactful are the Programmes?

To measure the impact of Conscious Breathing on the well-being of staff, we undertook baseline and post-evaluation surveys. These are a few key metrics that were observed after a 6-week Conscious Breathing Programme:




25% of staff before the programme described their everyday breathing as EASY, following the programme **67%** described it as EASY

13% rated their sleep quality as GOOD, while **39%** rated their sleep quality as GREAT following the programme

16% of staff were able to cope with STRESS well before the programme, following the programme this increased to **61%** being able to cope with STRESS well



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BREATHWORK IS THE NEW PARADIGM IN WORKPLACE WELLNESS

What people are saying



The breathing programme is incredibly valuable and has a positive impact far greater than people who have not joined these sessions can understand.

I strongly advise introducing senior management to these sessions to help drive breath awareness groupwide.



This course is awesome - it is the first step in "weaponising" your body, to deal with stress better, to be more productive but most importantly adapting to the unknown better. I have learnt to better control the Fight or Flight reaction. Ultimate bio-hack.

I feel way more equipped to deal with high pressure situations now, than I did a month ago. The course facilitators are highly skilled, knowledgeable and share practical and insightful advice.

I cannot recommend this course highly enough. And yes, I was also super skeptical at first, but just remember this is the same stuff they teach to Special Forces operators and Navy Seals.






For the first time in my life, I learnt how to regulate my nervous system and stress responses through my breath, and it helps me navigate life in a calmer way. Thank you Breathwork Africa.

All statistics are clickable links to published articles



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