

### Breathe & Work Transformational Workshops

Inspiring, engaging workshops & seminars you will ask to book over and over again for your employees & clients.

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**About Shawn Bradford (BS Education, 200 hr yoga teacher, transformative life/business coach, workshop presenter, keynote speaker)**

Shawn spent 15 years in business to business sales and trained employees in a huge variety of offices throughout Arizona. One constant Shawn witnessed was an absolute need for stress reduction tools and employee wellness programs in the workplace. She obtained her 200-hour yoga teacher training certificate and her transformational life coaching certificate so that she could make her dream of bringing more wellness to individuals and to the workplace a reality. Shawn loves empowering her clients to be more mindful through her engaging workshops which promote clarity, focus and wellness to increase joy and life/work satisfaction.

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#### About Breathe & Work

We will partner with you to create customized, transformational workshops (60 minutes, full days, ½ day), lunch n learns, wellness retreats and spouse events.

Together we will create a customized program based upon your industry, time and budget that will be educational, lively, fun while promoting wellness, clarity and focus that individuals can implement into their lives.

#### Why Hire Shawn?

Shawn will engage workshop attendees, provide clear, fun and transformative seminar topics to inspire positive changes.

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### Services

Engaging, Fun Seminars

Customized Workshops

Unique Spouse Events

Corporate Yoga

Inspiring Keynotes

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### Workshops

- **Team Building (Changing Perspectives) Exercise** to promote employee resolution.
  - **Transforming P.A.I.N.** (transforming fear blockages to positive action implemented NOW).
  - **Embracing Change:** Guiding employees to embracing the change of a buyout, merger or growth.
  - **Self-Care:** Perfect for busy people and offices that want a proactive workshop to maintain well-being.
  - **GOALS:** Gain clarity, create an action plan, implement accountability milestones.
  - **SALES:** How to find prospects, win business and retain clients.
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She will apply movement, breathing tips, visualization and coaching tools to everyday situations such as calming the nervous system for a tough meeting, reducing fear before a big presentation, gaining confidence before a sales presentation and adding movement throughout the day to rejuvenate and focus.



## Wellness in the workplace statistics

"I help manage a very busy advertising agency and rarely take time to breathe and step back to reassess our goals. It's so easy the get in the groove of responding to emails and running around to try and get to the next meeting. It was refreshing to have Bradford Transformational Coaching calm the energy of the office and remind us that taking a few minutes to implement a few simple exercises can quickly help us get clear on our goals and move us toward them. I highly recommend that any Directors and Managers that are looking to increase productivity and efficiency in their departments integrate Mindful Workshops into their training schedules on a regular basis! Thank you Shawn, we can't wait to have you back!" -Rachel Gularte of Avenue25

- **Reduction in stress.** Employees are more productive if they are releasing and managing stress. ¼ of Aetna's workforce of 50,000 who participated in at least one yoga class reported 28 % reduction in stress.
- **Healthier employees.** A study conducted by Dr. James E. Stahl and his team at Harvard-affiliated Massachusetts General Hospital found that people who participated in an 8-week yoga and meditation program used 43% fewer medical services than the previous year, saving on average \$2,360 per person in emergency room visits alone. This means that such yoga and meditation programs could translate into health care savings of \$640 to \$25,500 per patient each year!
- **Less time taken off of work by employees participating in work wellness programs.** 28.3 % less time off work to be exact (source: *Health Promotion Practitioner Magazine*). Save money!
- **Tacoma Pierce County Health Department reported on a 30 % reduction in worker's compensation and disability claim when companies implemented a wellness plan.**
- **More efficient employees.** Aetna employees that participated in yoga were more effective on the job gaining 62 minute per week of productivity. This is an estimate of \$ 3,000 per year per employee.

## Testimonials

"Shawn's energy, flexible style and presentation skills being customized to the audience has made working with her 1st class. We had a group of 25 people and for the first time in my career all 25 remained engaged and even weeks after are referencing what they learned. Thanks Shawn."

Patrick Connors, The Scottsdale Resort

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