



NAM
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BREATH ENHANCEMENT TRAINING WORKSHOPS 2022

YOUR PRESENTER: Nam Baldwin

ELITE PERFORMANCE COACH

INNOVATOR | SPEAKER

With over 28 years experience in health & performance industries worldwide, **Nam Baldwin** specialises in peak human performance. He works with many of the worlds best performers in the business & sporting realms, coaching mindset, skills, physical capabilities & well-being practices. An avid researcher & presenter, Nam co-founded the internationally recognised Breath Enhancement Training program in 2005 and with his deep hunger to explore individual and team potential, has developed multiple programs exploring success under pressure. In addition to being a performance coach, Nam is a popular keynote speaker.

WORLD CLASS NETWORK

Nam's work has gained much attention with the results of his skills being seen regularly in the public arena; Nam's enviable list of current & retired legends include 3 x World Surfing Champion Mick Fanning, 7 x World Surfing Champion Stephanie Gilmore, tennis legend Pat Rafter, 2019 AFL Premiers Richmond Tigers, 2018-19 back to back NRL Premiers Sydney Roosters and numerous Australian National sporting teams.

With Olympic Gold Medalists & World Champions also proving his methods, Nam is a much sought after performance coach for elite athletes across numerous disciplines & also the well-kept secret of many 'top one percenters' in the business world. His gift of simplifying the complicated science behind brain and body performance, & delivering it in life-changing, digestible sessions, creates proven successes and powerful outcomes across all scenarios.

Nam's extensive knowledge and life stories bring a true authenticity to his work, and whether his audience is high end achievers or every day people he is always able to connect with & educate them on their own level.

THE OTHER SIDE OF NAM:

One of the reason's Nam is such an engaging & fascinating speaker is that he can share diverse life experiences that most only dream of: his thirst for knowledge, adventure & achievement has been highly recognised through several disciplines, he is an avid waterman who has held his breath for 7 minutes, a Kung Fu instructor, and lover of travel & different cultures. Despite his many accolades, Nam's humble, honest and simplistic approach to life is a breath of fresh air and is what makes him so loved by his audiences and his friends alike.



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NAM'S CLIENTS INCLUDE:



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OVERVIEW

Breath Enhancement Training (BET) is our internationally renowned flagship program, developed originally to help big wave surfers deal with the anxiety and pressure of being held underwater for extended periods of time. Fast forward 17 years & thanks to many world class athletes and entrepreneurs sharing their insights with us, the program has now been adapted for all walks of life.

Just like pro-athletes, corporate professionals work under considerable pressure & the stresses and expectations affect the body and mind in the same way, so learning the skills that support us, especially when under significant or prolonged pressure will have a remarkable effect on mindset, performance and ultimately, well-being and happiness.

The knowledge and techniques shared can be easily applied and will lessen each individuals day to day experience of overwhelm, anxiety and pressure. We'll also be covering what needs to be in place to 'switch off' after a demanding day, supporting ones mental health & another of our most important health pillars - sleep quality.

Breath Enhancement Training has infiltrated the corporate world with a proud reputation of 'excellence' amongst super successful execs & companies. ***This particular workshop is remarkable at creating an immediate shift in how participants feel, mentally and physically.***

WORKSHOP OPTIONS: We offer a few different delivery options:

- Virtual
- Face to Face Education + Land based activities
- Face to Face Education + Land & Pool based activities.

The heated pool option is extremely popular. Activities range from being moderately challenging to extremely relaxing, where your team will discover how to turn intensity or overwhelm in to calmness or clarity.



**** wetsuits will not be required, we source warm, heated pools**

FOCUS AREAS

One area that stands out in the performance of the world class many athletes and execs I work with is how they handle pressure, and this workshop helps to equip participants with the knowledge & understanding of how they respond to stress, pressure, and how they can improve the experience by using their breathing - the most effective 'foundational' performance practice.

Being able to manage pressure better is handy in all walks of life, whether that means having the ability to stay calm when someone cuts you off in traffic first thing, improving your 5km run time, or managing your workload more effectively. It's useful before, during & after **any** stress or challenge.

- ▶ How breathing effectively directly improves the quality of your physical & mental energy
- ▶ How to use breathing to regulate your thinking, emotions & anxiety
- ▶ How to breathe correctly at rest & in high pressure & high stakes moments
- ▶ Learn how to 'switch' from a stressed or intense state into a calm state *quickly*
- ▶ See 'live' how your breathing directly affects your heart beat, nervous system & all of the above
- ▶ Common breathing mistakes to look out for
- ▶ A breath check to see if your current patterns are helping or hindering you
- ▶ How to implement the practice in to your day to boost energy, minimise stress & improve sleep quality
- ▶ Helping leaders to exude a calmer presence during chaotic moments, creating a ripple effect in teams



DELIVERY OPTIONS

1. THEORY & LAND BASED PRACTICES:

Highly educational, engaging & interactive workshop with so many takeaways for both business & personal life.

* We can also run this workshop virtually.



2. PRESENTATION + POOL COMPONENT - MOST POPULAR!

Knowledge is only as good as its practical use, if you choose to add this component after the theory & land based practices, you'll be jumping in to a heated pool & taking what you've been learning for a test run and seeing how you stack up under pressure. Sounds oh-so-scary, but we promise it's not!!

Nam will take participants through a variety of challenging (yet incredibly fun!) activities where they get to test out their new tools & techniques, and he will also guide the group into a space where a profound sense of calmness will be experienced that has been utterly life changing for so many.



3. Optional Extra: + VIRTUAL FOLLOW-UP SESSION/S:

Follow thru & execution of the performance & wellness practices that are established during any workshop is essential for progress, however despite our best intentions, sometimes when we get back to the 'real world' and the busyness of our roles & our former habits distract us. You have the choice to add a Virtual Follow-up to your package (we have an epic studio!), to support the team & keep them aligned, accountable and feeling continually supported in building momentum and remaining motivated.



THANK YOU FOR THE OPPORTUNITY

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