



BREATHCOACH.CA

## Workplace breathing workshops

Practical, evidence-informed sessions that give employees usable tools for stress, focus, and recovery during the workday — no equipment, no fitness requirement, nothing that feels preachy.

### DELIVERY

In person around Oakville and the GTA (travel available), or online for distributed teams

### PARTICIPATION

Every exercise works seated, in office clothes, at any fitness level

### STANDARD LENGTH

60 minutes; other formats by arrangement

### PRICING

Single workshops from \$450 plus HST; most team engagements run \$1,200–\$2,500

### Formats

- Lunch-and-learn
- 60-minute interactive workshop
- Conference breakout
- Leadership session
- Multi-session program that builds habits over weeks

### What your team leaves with

Techniques employees can use the same day, plus a simple recap of what was practised. Each workshop runs with clear objectives and defined outcomes; multi-session programs build on each session to turn tools into habits.

### What a session covers

An interactive mix of plain-language education and guided practice: how breathing and stress connect, what dysfunctional breathing patterns look like, and tools matched to real workday moments — before a difficult call, between meetings, at the end of a hard day. Every session can be customized to meet the needs of your team.

### Who leads it

Louise Brans Fitzgibbon is a certified Functional Breathing Coach based in Oakville, Ontario, with experience coaching individuals and leading workshops for workplaces, community groups, and sports organizations. Her sessions are practical, engaging, and grounded in physiology, not wellness clichés.

Oxygen Advantage® Advanced Certified Instructor

Buteyko Method Certified Instructor

Pause Breathwork Certified Facilitator

Nordic Flow Level 3 Coach

Body by Breath training (Tune Up Fitness)

### How to book

1. Send a note via [breathcoach.ca/contact](https://breathcoach.ca/contact) or [louise@breathcoach.ca](mailto:louise@breathcoach.ca) with your rough group size, format, and timing.
2. Louise replies personally, typically within two business days, with a proposed session and a quote.
3. Prefer to talk it through first? Book a free 20-minute consultation at [breathcoach.ca/book](https://breathcoach.ca/book).

Based in Oakville, Ontario — coaching and workshops available online, on site, and by travel.

Breath coaching is educational wellness support, not a substitute for medical advice, diagnosis, or treatment.

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