



Sandy Abrams shares 30 years of Breath/Mindfulness practice from the perspective of a longtime (25 yrs.) entrepreneur with a (reformed) short attention span and an always optimistic mindset!

Entrepreneur, Author, Consultant, Small Business thought leader clients have included Capital One, LegalZoom, Sage Software, Marriott.

Workshops/Content can also be customized to your company's goals. Options: 1 hour workshop, weekly/monthly content/segments, Corporate PopUp at your HQ/Office/Campus for a few days with ongoing workshops and personalized training. **Let's talk!**



C.E.Cm[™]

BREATHE Like a Boss!

Breathe Like a Boss Workshop: for Teams, Executives, Employees, Leaders...

The Power of Breath & Mindfulness
for Next Level Success; Enhanced teamwork,
Communication, Collaboration & Productivity.

"Breath is Meditation at the Speed of Business!"

Your teams/attendees will learn how to:

- Become self-aware of thoughts/emotions/habits that limit potential
- Rewire brain for positive habits with techniques for in-the-moment empowerment & limitless success
- Develop individualized breath & mindfulness practice that meets every person where they are
- Increase focus, clarity & creativity, better decision making
- Develop an inspired sense of collective energy & purpose
- Manage digital wellness to boost cognitive function

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