



# EVAN GILL

ELITE PERFORMANCE  
THROUGH BREATH

## Reset, Refocus, Recover

A 40-minute in-person breathwork session for mental health support and stress reduction.

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**Designed for:** Corporate teams, leaders, business owners, professionals, and high-pressure work environments.

**Delivery:** In-person, practical, seated, and accessible. No special clothing or equipment required.

### Contact

Evan Gill  
evan@evangill.xyz  
0412703833

**Master your state. Perform under pressure. Recover with control.**

# Client proposal breakdown

## Client situation

Many professionals are carrying high stress loads, constant mental pressure, and limited time to properly reset during the day. This can affect focus, mood, communication, energy, decision-making, and recovery.

## Problem or opportunity

Stress often shows up in the body before people realise it mentally. Breathing can become faster, shallower, or more restricted, which can keep the nervous system in a heightened state. By learning simple breathwork tools in person, participants get a practical experience of how to regulate their state in real time.

## Recommended session

**Reset, Refocus, Recover** is a practical 40-minute in-person breathwork session designed to help participants understand how breathing affects stress and mental wellbeing, then practise simple techniques they can use immediately at work and at home.

## Why it matters

When people can control their breathing, they gain a practical way to influence their nervous system. This supports clearer thinking, calmer communication, better recovery, and improved performance under pressure.

## Session objectives

Participants will learn how breathwork can support mental health by helping to lower stress arousal, create a pause between trigger and response, improve body awareness, and support emotional steadiness.

The session introduces four simple breathwork tools without long breath holds, hyperventilation, or intense breathing techniques.

### Four breathwork exercises included

<b>1. The Downshift Breath</b>
<b>2. Steady State Breathing</b>
<b>3. The Reset Breath</b>
<b>4. The Grounding Breath</b>

### What is included

The session includes a simple explanation of the link between breath, stress, and mental wellbeing, guided breathwork practice, safety guidance, reflection prompts, light group discussion where appropriate, and practical take-home applications.

## Format and safety approach

<b>Length</b>	40 minutes
<b>Delivery</b>	In-person
<b>Style</b>	Practical, educational, and interactive
<b>Intensity</b>	Gentle and accessible
<b>Group setup</b>	Seated session, no special clothing required

### In-person requirements

A quiet room with enough space for participants to sit comfortably. Chairs are suitable. No mats are required unless the client prefers a more relaxed setting. Recommended setup includes minimal distractions, water available, and an optional screen or whiteboard for simple teaching points.

### Safety approach

This is a gentle session with **no long breath holds, no hyperventilation, and no intense breathing techniques**. Participants are encouraged to stay within their comfort zone, stop at any time, and return to normal breathing if they feel dizzy, light-headed, uncomfortable, or overwhelmed.

The session does not claim to treat or cure mental health conditions. It is designed as a practical stress regulation and self-management tool.

### Expected outcomes

Participants can expect to leave with a clearer understanding of how breathwork can support stress control, mental clarity, emotional regulation, and recovery. They will also have simple techniques they can use before meetings, after stressful moments, between tasks, or at the end of the workday.

## Follow-up and next step

### Follow-up option

A follow-up in-person or online session can be provided to deepen the work, including breathwork for workplace resilience, leadership composure, recovery routines, and managing pressure during demanding periods.

### Natural next step

Confirm preferred date, group size, room setup, and any workplace considerations so the session can be tailored to the audience and delivered safely.

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