

leadwell

Caring for Wellbeing

Breathing Programs



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'Power of the Breath' Workshop

Anxiety... Distress... Fatigue... Burnout...

We are experiencing more stress, anxiety, and overwhelm than ever before. We're constantly distracted and overstimulated by the huge amount of information that saturates us, particularly by devices, impacting our wellbeing.

Recent research indicates that two thirds of the population are not getting enough sleep, let alone good quality sleep. We often wake up exhausted and are in a constant state of reaction throughout the day. Our ability to regulate our emotions is hindered and we become overwhelmed, slipping into states of anxiety and distress.

There has never been a more important time to learn the tools and strategies to care for your wellbeing!

This is where the breath comes in...

The science is now indisputable - the quickest way to reduce anxiety and regulate the nervous system, is through the breath. We know that emotions like anger, sadness, and fear, change the way we breathe. Incredibly, the opposite is also true - our breath can change our emotions. By learning specific breathing patterns we can independently regulate our stress and anxiety levels.

"The breath can be used as a gas pedal and as our brakes" - Arielle Schwartz, PhD

Workshop participants will learn about:

- o [Reducing anxiety and stress](#)
- o [Increasing focus and attention](#)
- o [Improving sleep quality](#)

See the above outcomes, and more, in action [here](#).

"If we keep building healthy breathing habits, we can help reverse that list of modern-day illnesses that now affects the majority of the population." – James Nestor (author of the *New York Times* Bestselling Book, *Breath - The New Science of a Lost Art*)

For more information or to book a session, please contact:
sam@aledacollective.com



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Inspiring Connections

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Caring for Wellbeing – Our Team



Sam Healy

Wellbeing Facilitator
& Meditation Coach

Sam is a wellbeing facilitator and meditation and breathing coach. He was a former Primary School teacher, wellbeing leader and meditation coach at Aldinga Primary School. He began his meditation journey in 2018 and has been active in educating his local community on the benefits of meditation as well as successfully piloting a meditation program for 25 teachers and 500+ kids at Aldinga Primary School in 2021. Our vision is to expand this program as a Social Venture with the aim of reaching 30,000 students in SA over a 3-year period.

As a passionate educator and father of two, Sam's vision is to empower more communities to deeply connect with their mental health and wellbeing through breathing and meditation.



Brett Burton

Wellbeing Director

Brett is a Wellbeing and Leadership Facilitator, Speaker and High Performance Coach. He is a former AFL player with the Adelaide Crows, playing 177 games across 12 seasons and fulfilled roles as the AFL Players Association President and the Laws of the Game Committee member during his time. Brett completed an honours in Applied Science (Human Movement) during his playing career.

After retiring from playing Brett spent 10 years in key leadership positions as High Performance Manager at the Brisbane Lions and Head of Football at the Adelaide Crows. He now utilises his background and advanced knowledge in Human Science to develop people holistically.

Brett is a dedicated father of five, who loves the art of meditation and has a healthy determination to educate and inspire people to care for their wellbeing and be the best versions of themselves. He has a vision to enable every school-aged child access to the practice of meditation.



Zoe Mills

Wellbeing Facilitator

Zoe is a wellbeing facilitator and coach with a background in Health and Psychology, having completed her double degree in Human Movement and Psychological Science (Counselling and Interpersonal Skills). She is a dedicated contributor in her local community, actively involved in a variety of youth development programs.

Zoe is passionate about combining her knowledge and experience across physical health and psychology to empower people to live a holistically healthy lifestyle.

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Creating a world of collaboration

At Aleda we work with leaders of industry, sport, education, and the arts.

We work with empowering leaders to create a world of collaboration by bringing these sectors together to help shift leadership, management, and wellbeing globally.

We do this by supporting people to learn, lead, and collaborate.

leadlearn
Developing Leaders

leadconnect
Connecting Leaders

leadreflect
Empowering Leadership Capacity

leadwell
Caring for Wellbeing

The Aleda Team



Matt Wadewitz
Managing Director



Luke Darcy
Innovation/Partnerships



Brett Burton
Wellbeing Director



Damian Hill
GM - LeadLearn



Sam Healy
Wellbeing & Meditation
Facilitator



Jo Matthews
Executive Assistant



Zoe Mills
Wellbeing Facilitator



Stacey Morlang
Aleda Facilitator

Thank you

Any questions about this program
please contact sam@aledacollective.com

aledacollective.com

