

# Body, Breath & Voice

## Elite Performance Training for Corporate Teams

Thomas Colahan

Drawing on 30 years at the highest levels of performing arts—including conducting at Carnegie Hall and the Kennedy Center, and performing with national opera companies—I've developed a unique corporate performance program that translates world-class performer techniques into business results.

### The Innovation

This program combines three powerful methodologies: Bel canto intercostal breathing (the technique used by world-class opera singers), pranayama (yogic breath control), and modern vagus nerve stimulation science. The result is a practical, evidence-based approach to increasing daily energy, focus, and calm under pressure.

### Business Impact

**For Leaders:** Enhanced problem-solving and decision-making capabilities, plus performance anxiety management for high-stakes moments (board presentations, difficult conversations, major client meetings, critical decisions)

**For Teams:** Measurable increases in cooperation, collaboration, productivity, initiative, and adaptability—building stronger trust and accountability across the organization

### Service Models

#### Primary Entry Points:

**1. Corporate Retreat Workshops:** Single-session workshops (45-90 minutes) perfect for company offsites and team retreats. Groups of 15-200 people. The session participants remember most—transformative yet immediately practical. Creates foundation for ongoing work.

**2. C-Suite Private Coaching:** Individual executive coaching packages (3-5 sessions) focused on executive presence, performance anxiety management, and targeted preparation for critical moments. Optional ongoing monthly sessions (1-4x per month) for sustained support.

#### Available as Upsells After Initial Engagement:

**3. Quarterly Team Sessions:** Regular reinforcement workshops (3-4x per year) to maintain momentum and deepen skills without weekly commitment.

**4. Ongoing Team Program:** Weekly 45-minute sessions integrated into the workday for sustained cultural transformation. Best suited for organizations that have experienced value through retreat workshops or quarterly sessions first.

This isn't wellness as an afterthought—it's performance enhancement grounded in techniques that have sustained elite performers for centuries, now adapted for the demands of modern business leadership.