

# Body, Breath & Voice

## Elite Performance Training for Executives

Thomas Colohan

Drawing on 30 years of experience, I've developed a unique corporate performance program that translates world-class performer techniques into measurable business results.

### The Innovation

This program combines bel canto intercostal breathing (used by world-class opera singers), pranayama (yogic breath control), and modern vagus nerve stimulation science. The result: practical, physical tools you can use right at your desk to increase energy, focus, and calm under pressure in real-time.

### For Executive Leaders

Enhanced problem-solving and decision-making capabilities when it matters most. Master performance anxiety management for high-stakes moments—board presentations, difficult conversations, major client meetings, critical decisions. Develop unshakeable executive presence using the same techniques that sustain world-class performers under pressure.

### Executive Coaching Services

**Individual Executive Coaching** — Personalized coaching packages (3-5 sessions) focused on executive presence, performance anxiety management, and targeted preparation for critical moments. Each session uses practical, physical tools you can deploy immediately in high-stakes situations.

**Ongoing Monthly Support** — Optional ongoing sessions (1-4x per month) for sustained performance enhancement. Continuous refinement as challenges evolve.

### Team Expansion Options

Once you've experienced the transformation, these same techniques can be scaled across your leadership team or organization:

**On-Site Team Workshops** — 45-minute sessions for your teams. Groups of 15-70+ people, integrated into the workday. Low-risk, high-impact introduction.

**Corporate Retreat Workshops** — Transformative sessions (45-90 minutes) for company offsites and leadership retreats. Groups of 15-200.

**Quarterly or Ongoing Team Programs** — Regular reinforcement sessions (quarterly or weekly) to embed these techniques into your organizational culture.

This isn't wellness as an afterthought—it's performance enhancement using your body and breath as physical tools, right at your desk, in the moment-to-moment workday.