

Body, Breath & Voice

Elite Performance Training for Corporate Teams

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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.

Business Impact

For Leaders: Enhanced problem-solving and decision-making, 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. Builds stronger trust and accountability across the organization.

Service Models

Primary Entry Points:

On-Site Team Workshops — 45-minute sessions integrated into the workday (lunch & learns, team development sessions). Groups of 15-70+ people, in-person or virtual. Low-risk, high-impact introduction that demonstrates immediate value. Creates foundation for ongoing work.

Corporate Retreat Workshops — Single-session workshops (45-90 minutes) for company offsites and team retreats. Groups of 15-200. The session participants remember most—transformative yet immediately practical.

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

Available as Upsells:

Quarterly Team Sessions — Regular reinforcement workshops (3-4x per year) to maintain momentum and deepen skills.

Ongoing Team Program — Weekly 45-minute sessions integrated into the workday for sustained cultural transformation. Best for organizations that have experienced value through initial workshops.

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.