



A NEW FOUNDATION FOR LEADERSHIP, TRUST, AND TRANSFORMATION

COLLECTIVE BREATH FOR COLLECTIVE POWER

WE TAKE BREATH FOR GRANTED.
WE TREAT EMOTIONAL SAFETY LIKE A LUXURY.

We call team-building and inner work a “soft skill.” But if we want real innovation, collaboration, and equity—**things that bring us together are not soft. They’re foundational.**

**BREATH IS NOT A BREAK FROM LEADERSHIP—
IT’S THE ENTRY POINT TO IT.**

Breath is not optional. Emotional safety is not a luxury. Team-building and resilience is not soft. We move beyond urgency and output—we guide you and your teams through the essential step that makes it all work: Connection.

That is why to build trust, collaborate deeply, or lead transformative change—our nervous systems must feel safe.

It’s foundational. And it starts here.

A RETURN TO INNOVATION, RESILIENCE,
AND OURSELVES

We all need this tool. We’re not alone. We are strong. And we need each other more than ever. We have been taught to suppress our intuition and disconnect from our bodies. Most people are burned out, unmotivated and stagnant.

This is why breathwork has become our passion... because it helps us return—to ourselves, to each other, and to our inner clarity to promote innovation, optimization and performance.

It ignites creativity & productivity

It brings new ideas & perspectives

It helps us release, regulate, and recharge

It helps connect deeply with each other

THROUGH OUR **WORKSHOPS**, YOUR TEAM CAN FIND:

A reimagined way to begin meetings with intention, not tension - Centering Trust At the Start

A tool for navigating high-pressure, high performance environments together - Centering Real Alignment

A spark for creativity and innovation to meet new goals and targets - Unlocking Peak Innovation



**BE
ACT
CHANGE**



TRUSTED ACROSS THE GLOBE

REFUGEE SOCIAL ENTREPRENEURS CEOs, DIRECTORS & AMBASSADORS
GLOBAL SUMMITS & CONFERENCES PURPOSE DRIVEN PROFESSIONALS COMMUNITY LEADERS & FOUNDERS



WHY US?

We've taken this practice where nobody else has...

Across borders, boardrooms, and hardship areas—working with people in refugee camps, in countries facing conflict and crisis, and in spaces shaped by mistrust.

We've facilitated breathwork on five continents—for corporate teams, community organizers, nonprofit leaders, parents, educators, and everyday changemakers. We don't just teach this—we live it.

Breathwork is the tool we return to daily – even with our kids. It's how we release stress, reconnect with purpose, and show up with clarity and compassion—no matter the setting.



ENERGIZING

"I'm still reaping the benefits in that vibration of gratitude and continuing to resolve issues before they even arrive."

– EARL T
FOUNDER & SOCIAL ENTREPRENEUR

THE SCIENCE BEHIND IT

BREATHWORK ISN'T JUST TRANSFORMATIONAL
—IT'S BACKED BY SCIENCE.

IMPROVES FOCUS & PERFORMANCE

Regulates oxygen and carbon dioxide levels to support sharper thinking and mental clarity.

REDUCES STRESS & ANXIETY

Lowers cortisol and activates the parasympathetic nervous system to promote calm.

STRENGTHENS EMOTIONAL REGULATION

Enhances resilience and capacity to stay grounded during emotional triggers.

ENHANCES SLEEP & RECOVERY

Helps calm the body and mind for deeper, more restorative rest.

BUILDS GROUP COHESION & TRUST

When practiced collectively, breath synchronizes energy and enhances connection.

SUPPORTS IMMUNE SYSTEM REGULATION

Helps balance the nervous and endocrine systems, which play a role in immune response and inflammation control.

CONNECT WITH US

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WE'VE WORKED & BEEN FEATURED IN

