



Workshop Information

Corporate Offerings & Experiences

Unique workshops, experiences, master classes and guest speaking options from Bek Nutter, breathwork coach and nutritionist for Australia's Olympians.

**Give your team the experience of a lifetime
and tools to thrive in the workplace every day.**

WORKSHOPS BY **BEK NUTTER**
BREATHWORK COACH, NUTRITIONIST, NATUROPATH

bek@nutterbynature.com.au
www.nutterbynature.com.au



Breath Workshops

Unique breathwork and ice bath experiences and workshops that are practical and educational. Perfect for building resilience and team cohesion.

Introduction to Breathwork Experience
Breath for Resilience Workshop
Breath & Ice Experience

All our workshops are customisable to your unique needs, team and location. All equipment is supplied by us.

Workshops for Women

Women's bodies have unique needs. Custom workshops, or combination experiences to support and honour the women in your team.

Breath Energy & Ice: Half day workshop
Any of our other workshops can be tailored just for women.

Your team not only get the awesome education and practical tools delivered during the workshops but they also each receive take home gifts!

Nutrition Workshops

Practical and educational workshops designed to make food accessible, easy and nutritious. Recipes & meal plans included! These workshops can be tailored for specific team requirements.

Nutrition for a Healthy Work Culture



Breath Workshops

Breathe better, live better

To put it simply, **Breath is Life.**
To Breathe Well is to Live Well.

The way that we breath influences:

- Energy and Vitality
- Blood Sugar regulation
- Heart Rate and Blood Pressure
- Sleep
- Exercise ability and recovery
- Breathlessness in exercise
- The ability to regulate our emotions

Workshop Options:

- 1 hour Breath for Performance
- 1 hour Breath for Resilience
- Breath & Ice Workshop

Workshops can be customised to suit your team, location and delivery options.

To host a breath workshop for your workplace or sports team contact Bek Nutter. We supply promotional packs to support your marketing and all the bits needed for running our workshops.

**bek@nutterbynature.com.au
www.nutterbynature.com.au**

Within these workshops we will unpack what it means to truly breathe well and how you can easily incorporate breathwork techniques to make huge changes to your workplace satisfaction, retention and productivity.

Your team will walk away with practical, easy & measurable tools to supercharge their lives.

Just like the quality and QUANTITY of the foods you eat affects your health, the same thing can be said for your breath. Because breathing is an involuntary and happens over 20,000 times per day, it is often taken for granted.

However, every moment, your breath provides nourishment to your cells. Every moment your breath is transported to your blood and pumped through approximately 100,000 kilometres of veins and arteries, delivered and released to the cells giving you life and vitality.

The way you breath influences your emotions, your sleep, your energy, your mood, your recovery & your mental performance. Give your team the power to harness the primal power of their breath to optimise their health, energy, mood and get the most out of life. They will leave feeling better than ever and ready to hit the ground running.



Introduction to Breathwork



1 or 3 hour breathwork experiences

A practical class to provide breathing tools and techniques for optimising mental performance and energy.

Breathwork supports overall health by:

- Enhancing stress resilience
- Increasing blood flow and energy
- Reduce inflammation and the risk of injury as well as reduced sick days
- Improved posture
- Improved sleep quality & mental focus, clarity and productivity
- Improved mood and reduced emotional reactivity resulting in a happier workplace and supported teams.

Workshop Outline:

- 1 hour
- Online or in person (better in person if possible)
- Practical breathwork class

Workshops can be customised to suit your team, location and delivery options.

To host a workshop for your team contact Bek Nutter:

bek@nutterbynature.com.au
www.nutterbynature.com.au

This workshop is an opportunity to leave the stress of the day behind, to get out of the chaos of the work environment and connect with colleagues as well as your own body.

This workshop includes:

- A deeper understanding of the breath and how it can be used to improve our energy, mental and physical performance, focus & emotional resilience.
- Specific breath techniques that can be utilised in the moment to manage stress and reduce emotional reactivity.
- Breath techniques to increase energy levels and allow you to be more productive while reducing the risk of burnout
- Measurable techniques to optimise breathing to improve sleep, mood, energy & immunity (not just in the workplace, but in life).

Optional Extras:

- An ice bath experience teaching the benefits of Cold Water Therapy
- Individual assessment for each team member with personalised breathwork plans
- Access to the online program ongoing for your team to use whenever they need it

Breath for Resilience



1 or 3 hour breathwork workshops

An educational and practical class to provide breathing tools and techniques for managing stress.

Breathwork supports resilience by:

- Providing tools to manage stress
- Help you be more focused
- Improve your energy levels
- In-the-moment techniques to apply to everyday life and stressful situations
- Using breath to move out of stress patterns your body is keeping you in

Workshop Outline:

- 1 hour or 3 hours long
- Practical breathwork class
- Learn techniques & tools
- Education on respiration and your body's nervous system

Workshops can be customised to suit your audience, location and delivery options.

To host a workshop for your team contact Bek Nutter:

bek@nutterbynature.com.au
www.nutterbynature.com.au

Within this workshop we will unpack what it means to truly breathe well and how you can easily incorporate this into your life to make incredible changes and help you maintain resilience and balance.

What signs is your body giving you?

- Yawning or sighing frequently
- Tension in your shoulders
- Unable to concentrate
- Digestive issues
- Cold hand and feet
- Tired
- Feelings of anxiety
- Difficulty Sleeping
- Snoring
- Sleep Apnoea
- Asthma or hayfever

The breath is the master switch to unlocking the vitality from your cells. By harnessing this power you can improve wellbeing in all areas of your life. This workshop provides you with the tools to start your breathwork journey and manage stress throughout your life.

Breath & Ice Experience



1 or 90 minute combination workshop

Combining cold water immersion experience with breathwork for a truly unforgettable experience.

Benefits of cold water immersion:

- Improved mental resilience
- Enhances immune system
- Enhances muscular recovery
- Supports mental health
- Benefits in reducing anxiety and depression
- Reduces inflammation
- Improves blood sugar regulation
- Benefits in weight loss

Workshop Outline:

- 1 hour or 90 minutes long
- Practical breathwork class
- Cold water immersion experience (ice baths supplied by us)

Workshops can be customised to suit your audience, location and delivery options.

To host a workshop for your team contact Bek Nutter:

bek@nutterbynature.com.au
www.nutterbynature.com.au

Ice baths provide a unique opportunity to challenge ourselves. Apart from the extraordinary and varied health benefits of cold water immersion, people attending our ice bath workshops express a sense of extreme pride in themselves and a renewed ability to face down their struggles.

This workshop includes:

- A better understanding of the WHY of breathwork.
- A deep dive into the benefits and different ways that it can be applied.
- A thorough understanding of the benefits of Cold water immersion.
- The why, the when, the how.
- An understanding of WHEN and WHEN not to use cold water immersion.
- Guided Cold water immersion
- Ice and baths (supplied by us)
- Finisher of delicious hot chocolate (brewed with love, by us)

Our breath gives life. Our breath influences energy, physical & mental state & resilience. With busy lives and racing minds, often we become can feel stuck. Breathwork is a tool that can be utilised in all aspects of our lives.

Nutrition for a healthy work culture



Nutrition workshop for everyone

A practical and educational workshop covering nutritional requirements, meal planning and recipes for everyone to enjoy.

With so much confusing information out there on fad diets, supplements and eating strategies, it can become overwhelming and confusing.

This workshop will help you to break down the science of what YOUR body needs to support your goals, whatever they may be.

Workshop Options:

- 60 minute workshop delivered on site or online
- Meal planners and recipes are provided for all attendees

All workshops are customisable and can be tailored for your unique needs.

Workshop can be tailored to demographics or goal outcomes.

To host a workshop for your team contact Bek Nutter:

bek@nutterbynature.com.au
www.nutterbynature.com.au

Food culture in the workplace can lead to either a cohesive team or isolation and lethargy. Providing your team with a healthy food framework means they will be more productive, have more energy and be able to use food as the bonding experience it should be.

You will learn:

- How to take away the food confusion, by understanding what your body really needs and why.
- Understand the WHY behind sugar food cravings and what to do about them.
- Strategies on what to eat when you are busy!
- Learn how timing WHEN you eat can maximise your energy, reduce cravings & improve satiety.
- Other factors that may be contributing to unhealthy food cultures and strategies for building team cohesion with energy boosting nutritious meals to share.

Nutrition is an integral part of a healthy life. Take back your power and reclaim your body.

Meal planning for success:

There are definitely days where you come home late from work, starving and grab whatever is quickest to eat! Or, be 'forced' to make a poor meal choice, due to being super hungry and having no other options. How do we combat this? Plan for success! Meal plans provided during this workshop can be individualised with personalised assessments of your attendees as a workshop add-on.

Women's Breath, Energy & Ice

Half-day women's workshop

Tapping into the wisdom of the female body and learning to ride its rhythms allows you to amplify your energy and unleash your true potential.

Harnessing your female super powers and supporting your body through cyclical changes and transitions into menopause helps you feel in control of your body.

Understanding what is happening and providing strategies through nutrition and movement can help manage your focus, sleep, hot flushes and energy.

Workshop Options:

- 1 hour: nutrition & movement
- 2 hour: breathwork + nutrition + movement experience
- 3 hour: breathwork + nutrition + movement + ice bath (cold water therapy) experience
- Other options available on request

To host a workshop for your team
contact Bek Nutter:

bek@nutterbynature.com.au
www.nutterbynature.com.au

You will discover:

Nutrition & Movement

- How to maximise your focus and energy without burning out.
- How to support your body in accordance to your female cycle to optimise your performance.
- A deeper understanding of your natural energy rhythm and how to tap into this to unleash your true potential.
- The best types of foods to eat to nourish & energise your body throughout your female cycle.
- How to drive your body through perimenopause & menopause with specific movement and nutrition to enhance your mental & physical energy.

Breathwork

- How your female cycle affects your breath and learn strategies to optimise this to improve your energy, sleep and performance.
- Breath techniques to support your body and improve stress resilience.

Optional Cold Water Therapy

- You will discover and experience the benefits of ancient Cold Water Therapy.
- How, when and why to use to utilise Cold Water and of course, how to apply it to your amazing female body!

Bonus take home material

- You will also receive a free Cyclic Meal Planner and recipe book to support your learnings from the workshop & continue your journey at home.

About Your Instructor

Hi, I'm Bek. My personal passion resides in optimising human performance, movement and health. My philosophy is wrapped around educating and empowering my clients to move toward their own health goals.

I currently reside in Newcastle, NSW and practice as a Naturopath, Sports & Performance Nutritionist, Clinical Herbalist, Fitness Coach and Master Breathwork Coach.

Locally, I currently enjoy working on the performance team for representative football & athletic clubs and I'm honoured to be supporting a range of national Olympic level athletes as well as running weekly guest workshops all around the state and regular classes at my own breathwork space, The Breath Shed and fitness classes at the UoN Forum.

Qualifications:

Head Master Trainer and Master Breathwork Coach for Breathless
Oxygen Advantage Advanced Instructor
Buteyko Breath Instructor
Diploma in Sports Nutrition
Advance Diploma in Naturopathy
Advance Diploma in Nutritional Medicine
Advance Diploma in Western Herbal Medicine
Cert 5 in Fitness

Companies I've Worked With Include:

Xero
Newcastle University
ADF Fitness
The Australian Dragon Boat Team
Olympic Athletes & Power Lifters
Commonwealth Heptathletes & Triathletes
National Level Sprinters & Hurdlers
Representative Level Soccer Team



To host a workshop at your retreat or event contact Bek Nutter:

bek@nutterbynature.com.au
www.nutterbynature.com.au

