BE BUDDY®

Stephanie Esser, MAEd.,

Certified Breathing Coach, Speaker, Owner at Balancing Elephants, and Creator of the BE Buddy®

*The **Breath** is Your **Superpower!***

Learn how to use it to:

- Stop stress on the spot
- Activate, balance, or calm the nervous system
- Improve sleep
- Enhance focus and productivity
- Heighten athletic performance

Did you know?

"Studies show that **75% of people with anxiety** have some form of dysfunctional breathing?"
– Patrick McKeown, The Breathing Cure

There is a clear connection between how you breathe and the effects on the nervous system. Stephanie's mission is to empower individuals with natural and proven methods to effectively manage stress and thrive in today's complex world, enabling them to pass on these essential skills to the next generation.

Book Stephanie for your event:

- Available for live group workshops, training sessions, staff development, and conferences.
- Delivering **interactive, empowering,** and **transformative** training experiences.

About Stephanie:

Passion for Child Well-Being:

- Mother of four, committed to helping kids develop stress resilience and coping skills
- Believes in the crucial role of habits in shaping children's physical, mental, and emotional well-being

Education and Experience:

- Earned five breath coaching certifications
- Certified yoga teacher [RYT-200]
- Specially trained in trauma-informed education
- National Speaker's Academy Member

Professional Ventures:

- Visionary behind Balancing Elephants, a company dedicated to nurturing the well-being of the next generation
- Innovator of the BE Buddy®, a patented multisensory breathing tool designed for kids to build healthy breathing habits early in life

It's not **THAT** you breathe, but **HOW** you breathe

Signature Topics:

- Stop and B.O.P. (breathe on purpose): A Wellness Workshop
- Discover the A,B,C,s of Breathing and Regulation
- BreatheSmart: Proactive Strategies for Youth Mental Health

Follow Us

bebuddy

BalancingElephants

BE BUDDY®

Key Takeaways:

Breathe for Emotional Control:
Understand the strong connection between your breath and emotional regulation.

Mood Mastery:
Learn to use your breath to handle stress and anxiety and elevate your mood.

Breathe for Health:
Explore how proper breathing bolsters immunity, enhances sports performance, and improves lung function, benefiting your physical well-being.

Brainpower Unleashed:
Tap into your cognitive potential through optimal breathing practices, enhancing your mental clarity and focus.

Resilience Building:
Equip yourself and your children with lifelong coping tools, reducing the impact of chronic stress and boosting focus and well-being.

As seen at:

- Minnesota Association for Children's Mental Health (MACMH)
- Children Come First Conference
- Minnesota School Behavioral Conference
- NSA Speakers Academy Member

Certifications/Education:

- Master of Arts in Education
- BREATHE™/WARRIOR Level 2 Instructor [Dr. Belisa Vranich]
- Oxygen Advantage® Functional Breathing Coach [Patrick McKeown]
- Yoga Body® Breathing Coach [Lucas Rockwood]
- Yoga Calm® Certified Instructor
- International Breathwork Foundation
- Registered Yoga Teacher

Interested in bringing Stephanie into your conference, organization, or group to speak?

Email stephanie@balancingelephants.com

Book a FREE Discovery call today!

Speaking Testimonials:

The interactive component was handled well. The workshop provided me a personal/self-care approach while also guiding me in helping my clients in a public school setting (elementary to senior high) with a do-able technique that can help them.
Diane T. | Youth Mental Health Provider | MACMH Conference Participant

Thank you so much for teaching at this year's conference. Your session was by far the best session I attended.
- Joy R. | Children Come First Conference

This was a wonderful presentation and will be very helpful in my work as a school nurse.
- School Nurse | MACMH Conference Participant

Very useful information and takeaway tools. Excellent resources and appreciated Stephanie's knowledge, and she was very clear/concise throughout. Thank you!!
- Social Worker | MACMH Conference Participant

Find out more about our programs and trainings at **www.balancingelephants.com**