



Savannah
BREATH RESET

Speaking and Corporate Wellness

I'm Chase Barber, founder of Savannah Breath Reset. I train teams in research-backed breathing techniques that improve focus, recovery, and performance under pressure.



What I Cover

Breaking the Stress Cycle

Stuck in a cycle of stress? The breath is your way out.

Best for: HR, corporate wellness, leadership and management retreats, women's leadership, employee burnout and stress management

Slot lengths: 15-20 / 30 / 45 min

Anxiety, burnout, and restless sleep aren't three separate problems – they're one stress cycle, and most of us are stuck in it.

Dysfunctional breathing is far more common than people realize: some degree of it shows up in an estimated 50-80% of adults.

Poor breathing fuels the stress response, and the stress response fuels more poor breathing – a self-reinforcing cycle that's easy to miss and hard to escape.

Your breath is the lever that breaks it – once you know how to use it.

Workshops

Each session below uses science-backed breathing techniques that are measurable, repeatable, and effective. Techniques your team can apply immediately.

Learn it

● Breath Reset Workshop

The physiology of stress, anxiety, and poor sleep – the breathing mechanics that drive all three. A foundational session that gives your teams the “why” behind burnout, and tools they can put into place today to tackle it.

Practice it

● Stress Reset

Practical breathing techniques your team can run at their desk in under five minutes – built for calm, focus, and resetting between high-pressure blocks.

● Executive Reset (up to 5)

A focused individual or small group session for leadership. Same core science, with a personalized implementation strategy for better resilience, recovery and for staying sharp under sustained pressure.

● Meditation Demystified

Meditation without the mysticism. A clear, mechanism-based look at what's actually happening in the nervous system – and why it works.