



**Positive Evolution**  
CONSULTING

## Stress Resolution At Your Fingertips

*Helping your leadership team break the habit of stress!*

# BreatheFIT

THROUGH OUR TEXT SYSTEM WE GUIDE YOU TO RESOLVE STRESS IN THE HEAT OF THE MOMENT WITH BREATHWORK, MOVEMENT, AND LEADERSHIP COACHING. BREATHEFIT WORKS WITHIN 5-7 MINUTE/DAY! EXPERIENCE THE EMPOWERMENT THAT BREATHEFIT CAN BRING TO YOU AND YOUR TEAM. YOU WILL LET GO OF STRESS AND INCREASE LIFEFORCE ENERGY!

1

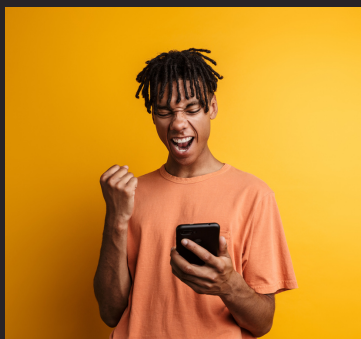
### Accessible



All you and your team need to do is reach for your phone! Making the decision to manage stress in the heat of the moment means your stress level could decrease immediately and you become more positive and productive.

2

### Efficient



Our text system makes it easy to commit to a practice of BreatheFIT exercises, core movements and positive motivation. Exercises are 5-7 minutes and delivered directly to your phone with a video link. Positivity is only a click away!

3

### Affordable



As you practice BreatheFIT you will begin to integrate these strategies into your daily leadership and our text system becomes an affordable way to receive stress resolution leadership coaching.



## Stress Resolution At Your Fingertips!

STRESS IS NOT GOING AWAY UNTIL YOU WORK THROUGH IT.  
TO LEARN MORE AND IMPLEMENT THE SUBSCRIPTION PROGRAM  
IS EASY AS 1,2,3!

### Here's what our clients are saying!

"Stress Resolution at your fingertips is exactly what it says. I can jump on a session when I need energy for the day, need to wind down from a long day or when I am triggered by stress at the convenience of my home or when I am on the go. Also, I like how the techniques in these mini sessions reinforce a lot of the same movement and breathing from the longer sessions available by Dr. Pam Denton and her team." – Jennifer Martinez (CEO – Consult HR Partners)

## Start Today!



### Book a Demo



With a 30 minute Free Demo you and your team will experience the power of BreatheFIT. Our team will facilitate an interactive experience of the BreatheFIT system. Want to add on more time for Q&A? You've got it! Our Demos can be customized for your specific needs.



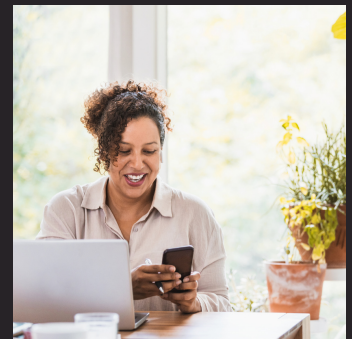
### Train With Us



The next step is a facilitated training with our BreatheFIT Coaches. Based on your specific needs we will customize a deep dive training so that your leadership team is fully on board with the text system. This training will educate your team how to integrate the daily practice for maximum results.



### Let's Go!



As you practice BreatheFIT our team is available through text for individualized support, motivation and intentional leadership coaching. Text our team directly anytime and we are there for you! The work will work on your team and they will evolve beyond stress and become more productive!



**Meet the Founder  
Dr. Pam Denton  
Empowered by Positivity**

**Author, speaker, and coach Dr. Pam Denton is the founder of Positive Evolution Consulting and BreatheFIT Coaching. Dr. Pam discovered the power of breathwork and movement as a young leader emerging from her own depression. She is now passionate about coaching leaders to embrace the tools of nervous system upgrades and guides leaders to integrate them into their leadership teams for generating the power of positivity and peak performance. Dr. Pam works with businesses, organizations, and individuals to activate holistic leadership by employing her powerful strategies of BreatheFIT Coaching, focusing on the foundational practices of Nervous System Reprogramming and human evolution. Her intensively researched mind-body approach to empowerment has helped thousands of leaders plug into their innate power and activate health & well-being for unstoppable success. Dr. Pam, co-author of *Core Intelligence: Driving the New Era of Leadership*, speaks globally about Neuro-Energetic Reprogramming (NER) and she teaches business leaders and teams how to harness power of lifeforce energy to become stronger than their stressors. For more information: [www.positiveevolutionconsulting.com](http://www.positiveevolutionconsulting.com).**