

# Tess Graham

Health & Breathing Expert

Speaker | Consultant | Trainer



## Speaker Biography

### About Tess

Tess Graham, founder of BreatheAbility International, is helping people all over the world to transform their health and wellbeing simply by changing the way they breathe. As an experienced clinician, educator, and speaker at the top of her field, Tess is highly sought after for her insight, inspiration and her ability 'to make change happen'.

With an impressive career in physiotherapy and breathing training, including establishing Australia's first dedicated breathing clinic in 1993 and pioneering research with asthma, sleep disorders and sports performance, Tess has a powerful message: Getting your breathing right is the single most important thing you can do to promote robust physical and mental health, get quality sleep and protect yourself from stress-related illness.

Her repertoire of talks centre on giving people the tools and understanding to improve general wellbeing, energy and performance, to get a good night's sleep, to manage their physiology to reduce anxiety and increase resilience to stress, and to increase capacity and enjoyment of exercise.

For over two decades, audiences and clients have enjoyed Tess's humour, energy, compassion and insight as she guides those around her to breathe well, sleep well, and truly be well.

Master your breathing ... Master your life!

### Speaking topics

Available in customised keynote, seminar and workshop formats.

#### So you think you can breathe?

This foundational seminar dispels the myths and misconceptions about breathing and instils the knowledge and skills to breathe well, sleep well, increase your energy, and improve your performance and wellbeing – starting *during* the presentation.

#### What I wouldn't give for a good night's sleep ...

Are you waking up feeling like you haven't slept at all? Is snoring harming your health and relationship? This informative and practical presentation goes beyond 'sleep hygiene' practices, with its powerful focus on how to breathe right now to have more energy today and to sleep restfully (and quieter) tonight.

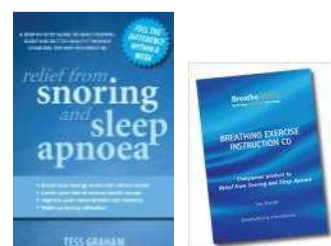
#### Just chill – cool, calm and in control

Are you feeling constantly stressed, revved up or anxious? Is stress affecting your health? This compelling presentation shows you how to manage your physiology to stay calm under pressure, defuse stress reactions and increase your resilience, performance and energy - and switch off and sleep well at night.

#### Heart happy exercise and energy management

We all know we should exercise to maintain our health and energy. But if you are not breathing well, exercise can leave you tired and breathless. Learn how to improve the efficiency and comfort of your breathing, get more oxygen to your heart and muscles and have a safer more enjoyable experience next time you exercise.

### Published Author, Keynote Speaker, Finalist Telstra Business Women's Awards



## Testimonials

Tess has presented to over 500 audiences including many health and wellbeing initiatives within Australian federal government departments.

I wholeheartedly recommend Tess Graham to you as an accomplished speaker and educator. Her message is a powerful one, and one I believe everyone should hear: how improving your breathing can profoundly transform mental and physical wellbeing. Tess delivers this message with a delightful mix of humour, passion and easy-to-understand science that is at once engaging and thought provoking. She debunks some long-held beliefs about breathing and leaves her audience with the tools and understanding to make positive change in our most fundamental behaviour – the way we breathe. The audience cannot help but take her message on board, and take it home, for they cannot help but take their next breath differently. I've felt the changes in myself, I've heard the comments from those around me, I've felt the optimism in the room.

***Karen St Clair, Director (Ret) SALUTé Consulting Pty Ltd***

There's not a single living (breathing) human being who doesn't need to hear Tess Graham's powerful message. She is a living embodiment of what she says – she walks the talk. As well, Tess is a superb presenter who has honed and refined her delivery of a revolutionary breakthrough in breathing health over decades of clinical experience. With passionate personal commitment and deep involvement in the lives of thousands of clients, Tess brings skill and wisdom to the challenge of changing lives for the better.

***Peter Thompson, writer, filmmaker, critic, and recovered asthmatic.***

Tess Graham has great knowledge, understanding and experience in her field. Her ability to express herself as a speaker, trainer and facilitator is second to none. She is funny, passionate and articulate. She has presented to our group several times, including being our main speaker at our annual conference in 2014. The feedback received from delegates continues to be outstanding. Tess has a gift for clarifying complex subjects and providing materials, and tools to her audiences that are relevant and useful in their professional and personal lives. She would be a wonderful drawing card and outstanding conference speaker for any organization.

***Chris Bauman, President, Buteyko Breathing Educators Association, North America***

If you want a presentation with a powerful message, one that will improve your breathing, your health and your sleep and let you have a laugh along the way, then you must have Tess Graham speak at your conference.

***Shara Hatter, Conference Organiser, Canberra***

## Some organisations Tess has presented to:



HEALTH INSURANCE COMMISSION



Australian Government  
Department of the Environment



Australian Government  
Australian Taxation Office



I have heard Tess Graham speak on two occasions and both times I came away feeling inspired and empowered with new, exciting information that I could use for myself as well as my patients. I have recommended her for many international organizations to speak as she captured the audience and had standing ovations afterward. Tess is truly an asset to any organization to transfer information in a direct, organized, inspiring manner. I look forward to seeing her speak at the AAMS (Academy of Applied Myofunctional Sciences) Congress in September in Los Angeles, along with researchers from around the world.

***Joy L. Moeller, BS, RDH, Board member AAMS, CA USA***

I listened to Tess Graham speak recently in Christchurch - on how better breathing can bring relief from anxiety and sleep issues - so prevalent in post-earthquake Christchurch. Tess delivered her talk with enthusiasm and passion, backed up by sound scientific explanations. She engaged quickly with her audience and I'm sure most people would have benefited from her knowledge as I have personally. As an employer, I can see that learning how to breathe properly would help my staff to deal with stress and anxiety issues. It would also help them with concentration and energy.

***Bernie Wicht, Chairman MacPac New Zealand***

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