

"We recently surveyed more than 1000 people and asked them what's keeping them at work. The number one factor was "purpose and meaning", which was heartening to see."

~ Serge Sardo CEO

Australian Human Resources Institute
HR Monthly Magazine Mar 2008 p.31

breathe:HR offers motivation and wellbeing solutions that tap into the 21st Century psyche, satisfying the non-material demands of today's talent.

We provide unique, research-based, spiritually intelligent technologies brought to life with proven right-brain art and colour experiences. Your talent will be enriched and have fun at the same time.

Customised to your organisation's needs, consultations and workshops include:

- Experiencing Fulfilment at Work
- Finding Personal Meaning In Your Work-Life
- See Value and Express Your Individuality at Work
- Work-Life Balance and Stress Solutions
...and designed specifically for HR professionals:
- Cultivating a Meaning-Driven Culture:
HR's Untapped Competitive Advantage
- Tuning into Gen Y: What Matters at Work?



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Cultivating a culture that supports the experience of personal meaning and purpose at work will optimise HR excellence in the 21st Century ~ Suzanne Saad founder breathe:HR



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knowing that you have discovered the answer you need for your talent engagement and retention strategy at



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