



Leadership Vitality Sessions

Speaking, workshops and team resets to sharpen focus, steady energy and strengthen intentional leadership.

The Blissful Badass™ provides speaking, workshops, reset sessions and employee coaching for individuals, organizations, teams and groups seeking clearer focus, steadier energy, better communication and more intentional leadership.

Available as keynote-style talks, interactive workshops, staff development sessions, wellness events, retreat sessions and coaching add-ons.

These are not generic wellness sessions or corporate yoga classes in disguise. Each experience blends leadership insight, powerful coaching, breathwork, mindful movement and simple yoga-based tools to help participants shift their state, notice what matters and move one meaningful change forward.

Signature Sessions

The Embodied Leadership Reset™

For teams and leaders who want clearer thinking, steadier energy and better communication. Participants learn practical ways to use breath, posture, movement and attention to reset focus, reduce reactivity and bring more presence into meetings, conversations and decisions.

One Bold Shift™ At Work

For people and teams ready to move one meaningful thing forward. Participants identify one shift they want to make in how they work, lead or feel, then use guided reflection, coaching prompts and simple movement to begin training that shift.

The Inner Edge™ Coaching

One-on-one coaching for employees, leaders and professionals who want stronger energy, clearer direction and better follow-through. Sessions may support leadership presence, career direction, confidence, focus, energy or one specific meaningful shift.

Career Vitality & Meaningful Momentum

For professionals who want more energy, clarity and direction in their work and the life around it. Participants look at what is giving them energy, what is draining it and then identify one meaningful shift that can bring more vitality, focus and intention into how they work, lead and spend their time.



Session Formats

45-Minute Reset Session

A focused, energizing session designed to fit easily into a lunch hour, staff meeting, wellness day or team gathering. Participants leave with simple, usable practices to improve focus, regulate energy and show up with more clarity and presence.

60-Minute Workshop

An interactive session with time for guided reflection, practical tools, movement, breathwork and discussion. Participants leave with greater clarity, a simple reset practice and one clear next step they can apply to their work, leadership or daily routines.

Workshop + Coaching Add-On

A group session followed by private coaching for selected employees, leaders or participants who want deeper support. Best for organizations that want to offer both shared learning and personalized support.

Small-Team Intensive

A focused experience for leadership teams, offsites, retreats and small groups that want more time around energy, focus, communication, meaningful change and follow-through. This format allows for deeper reflection, practical application and a shared reset, with the option to add follow-up coaching or continued support for teams that want to keep the momentum going.

Also Available

Personal Yoga Training

Private yoga-powered vitality training for individuals who want to move more freely, feel more energized and build the focus, steadiness and physical confidence to show up with more strength and clarity in work, leadership and daily life.

Retreats + Small Group Experiences

Thoughtfully designed experiences that blend yoga, breathwork, guided reflection, practical coaching and warm hospitality to help participants slow down, notice what matters and begin moving one meaningful shift into how they live, lead or feel.

About Us

Trie, a former Deputy Mayor, leads the speaking, coaching, movement and leadership vitality sessions. Leah supports guest experience, retreat hospitality and the thoughtful details that help offsites, retreats and small-group sessions feel organized, welcoming and memorable.

Interested In A Session, Workshop Or Coaching?

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