



FINDING A SENSE OF SAFETY

Somatic Breathwork & Parts-Informed Micro-Session

Offered in 15 or 30 minutes • In-person (US/EU) or Zoom
Facilitated by Gianantonio Luigi Corna • BeMindful 24/7®
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WORKSHOP AT A GLANCE

Overview

Finding a Sense of Safety is a short, potent nervous-system reset designed for workplace contexts. Through guided somatic breathwork, micro-movements, and gentle attention training, participants slow down, turn inward, and notice what's present—sensations, emotions, and tension. Grounding and tension release support a shift toward connectedness, so the workplace feels calmer, safer, and more collaborative.

Who it's for:

- Teams under pressure, facing change, or recovering from intense cycles.
- Leaders seeking clearer decision-making and presence.
- Hybrid/remote teams needing quick cohesion and shared regulation.
- Beginners welcome; no special attire or equipment required.

Core outcomes:

- Noticeable downshift from stress activation to grounded presence.
 - A simple 3–5 step micro-practice for overwhelm or indecision.
 - Improved capacity to listen (to self and others) without reactivity.
 - A shared language of safety that supports psychological safety.
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FORMATS & FLOW

15-minute micro-session:

- Arrival & intention (1 min)
- Guided breathwork to downshift arousal (5–6 min)
- Micro-movements for releasing tension (2–3 min)
- Inner noticing (emotions/body signals) (3–4 min)
- One practical takeaway for the team (1 min)

30-minute micro-session:

- Arrival, context, and intention (2–3 min)
 - Parts-informed somatic sequence (IFS-inspired) (10–12 min)
 - Guided breathwork + paced exhale for regulation (8–9 min)
 - Integration: short share (4–5 min)
 - Take-home micro-practice (1 min)
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LOGISTICS & REQUIREMENTS

Standard logistics:

- Format: in-person (US/EU) or online (Zoom).
- Group size: 6–60 (larger groups possible in auditorium format).
- Space: regular meeting room; chairs or mats optional; dimmable lights helpful.
- Tech: basic audio for voice/music (optional), Zoom link if virtual.
- Accessibility: trauma-aware, invitational language; opt-in/opt-out for all movements.

Optional add-ons:

- Pre/post pulse survey.
 - Follow-up micro-practice PDF.
 - Series to reinforce safety culture.
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ABOUT THE FACILITATOR • BEMINDFUL 24/7®

Approach:

BeMindful 24/7® integrates Internal Family Systems (IFS) principles, Polyvagal-informed coaching, Somatic Breathwork, and Self-Havening Touch to help people return to safer, steadier baselines. The approach pairs mindful attention with gentle somatic release, making it practical in fast-paced professional settings.

BIO:

Gianantonio Luigi Corna is a life coach and facilitator with 25+ years of contemplative and somatic practice. He has studied Life Coaching with Tibetan Buddhist masters since 2000 and maintains a long-standing meditation practice. A Reiki Master and integrative mindfulness educator, he is trained in Polyvagal-informed coaching, IFS-informed facilitation, and the Havening Techniques. He has guided high-profile clients—including CEOs, creative leaders, and public figures—in Italy and the United States. As founder of BeMindful 24/7®, he facilitates group programs for organizations and communities and offers executive 1:1 coaching focused on psychological safety, regulated performance, and self-leadership.