

THE MINDSET HEIST ACADEMY

# 9D BREATHWORK HEALING SESSION

9D Breathwork is a powerful guided experience designed to help people safely release stored emotional stress, trauma and pressure that talking alone often cannot reach.

This work supports people dealing with:

- Trauma and unresolved stress & cultural and intergenerational trauma
- Grief and emotional overwhelm
- PTSD, anxiety, depression and burnout
- Pressure from leadership, family and community roles

## WHY THIS WORK MATTERS

This session is led by Jeffrey and Sallie built on lived experience.

Jeffrey, a proud Kamilaroi man from Redfern, turned 20 years in prison into discipline, mindset, and leadership.

Sallie rebuilt from deep adversity unheard, unprotected. She now helps people disrupt trauma cycles, rebuild self-worth, and reclaim their voice.

Today, they work across Australia helping people break patterns and raise their standard.

## WHAT MAKES THIS SESSION DIFFERENT

- A 30-day support period with Jeff and Sallie
- Guidance to help participants understand what surfaced during the session
- Tools for managing stress triggers and emotional responses
- Frameworks to help shift trauma from “happened to me” into “happened for me”

## SESSION DETAILS

Maximum capacity: **100 participants**

This group ensures participants feel safe, supported and properly guided through the experience.

Investment: **\$150 per participant**

Please note:

Airfares, accommodation and car hire are not included.

To organize a session for your organization or community group,

please contact:

[hello@jeffreymorgan.com.au](mailto:hello@jeffreymorgan.com.au)



One habit. One choice. One breakthrough at a time.

**JM** *Jeff Morgan*

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