



Paul Reynolds

*Leadership, Speaker, Author and
Breathwork Coach*



Paul Reynolds helps high-performing leaders breathe new life into how they work and lead. A former clean-energy Partner turned breathwork coach, Paul combines boardroom credibility with science-backed tools that help leaders manage stress, sharpen focus, and perform at their best

He has presented to organisations including RWE, Aer Solair, and DBK, and coached senior leaders in renewables, search and rescue and food-tech. He recently published his first book: 'Breathe Free', and has been featured in The Currency, with more media appearances to follow.

Paul's sessions are fun, interactive, and memorable — blending science, story, and simple breathing practices that make an immediate difference. His diverse background — from running across Ireland in seven days to dancing in a mariachi pop covers band — brings humour, humility, and heart to every room.

Each talk is tailored to the audience, ensuring participants don't just listen but experience tools they can use immediately in their work and life.

Popular sessions include:

- The Business Benefits of Breath – science and strategy behind better energy, focus and performance
- Stress Management for Leaders – practical breath tools to stay calm and clear under pressure
- The Deep Peak – exploring how breathwork can help you access deeper states of focus, creativity, and renewal.
- Breaking State – energising, interactive sessions to shift the energy before important meetings, offsites and away days
- Fun Wellness Events – engaging, inclusive experiences to lift energy and connection