

# Oscar Trelles — Speaker & Press Kit

## Executive Speaker Bio

Oscar Trelles is a former global technology leader turned resilience and nervous-system leadership expert. He helps executives and high-performing teams master stress, expand emotional capacity, and build sustainable performance cultures. Oscar blends lived experience at the highest levels of business with science-based methods to transform how leaders think, respond, and thrive under pressure.

## About Breathing Flame

Breathing Flame is a human performance and leadership resilience firm helping leaders and teams build clarity, capacity, and long-term wellbeing while performing at a high level.

## Signature Executive Formats

- 1 Leadership roundtables (10–25 executives)
- 2 Corporate workshops (1.5–4 hours)
- 3 Experiential resilience & breathwork sessions
- 4 Retreat & offsite facilitation
- 5 Conference talks & panel participation

## Topics for Events & Executive Programs

- 1 Stress mastery & resilience for high-performance teams
- 2 Nervous-system intelligence for modern leaders
- 3 The biology of decision-making and emotional capacity
- 4 Building cultures that perform without burnout
- 5 Physiology-based leadership: breath, state, and presence
- 6 Time-bound transformation & sustainable behavior change

## Contact

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