



Hi, I'm
Dave Lalieu

**Courageous
Leadership Hub**

I am a qualified Breathwork Practitioner, with a passion for sharing the tools you need become a Calm Master.

I'm all about human transformation, using a "bottom-up" approach. With my skills as a Breathwork Practitioner and NeuroLeadership Institute Coach, I'm the proud owner and operator of Banyula Zen - a healing sanctuary where peace finds you based in the rolling hills and trees of the Noosa Hinterland.

Banyula Zen is a tranquil space that offers a suite of breathwork, meditation, yoga, ice baths, saunas, Ayurvedic massage, Zen Thai, acupuncture, women's circles, brotherhood and community get togethers. A space that allows the physical to transpire; a place for connection and belonging.

I spent my early 20's in the South Africa bush, after making the decision to pursue my childhood dream of working as a Safari nature guide. Safe to say it was the defining chapter in my life, shaping me into the person I am today. It's also the environment where I learnt the importance of starting my morning with productive, healthy habits - which always had a positive flow on the rest of my day.

This journey also taught me the value of presence - how to be calm in any situation (like being charged by an angry bull elephant!). This skill set has only strengthened since returning to Australia, and practising as a Breathwork Practitioner. I now facilitate experiences that connect other awesome humans with their inner ability to manage stress, anxiety and limiting beliefs.

You'll likely see my face in many of the Dare to Lead™ Trainings run by Courageous Leadership Hub, as the go-to Wellness guy! I love popping in to share simple, basic micro-habits, to assist you on your Calm Mastery journey.

I run Breathwork Workshops for many of the Courageous Leadership Clients and their teams as well.

So, if your team is feeling the chaos, and needs to tap into some calm - I'm your man!

My Values are:

Presence, Calm and Trust

Something people may not know about me is...

I am a Sharman in training and evolving my craft and mastery as I go.

I'm based on:

In Doonan on the Sunshine Coast, QLD

My Qualifications include:

- Certified Results Brain based Coaching Systems (NeuroLeadership Institute)
- Dare to Lead™ Trained; Dr. Brené Brown
- Breathwork Facilitator; Cool2BeConscious
- FGASA1 Professional Field Guide; EcoTraining South Africa
- Certificate 3 & 4 in Sports Personal Training; Sports Medicine Australia

Some words from a Client:

"The practical embodiment exercises led by Dave, along with his compassionate presence made all the difference to my experience of the course.

Dave has a very calming presence, and the breathwork and mindful practices and tips he provided have made a big difference in my life, helping me to better navigate anxiety."

Mark Ruffle