# SPEAKERS BIO:
**Full**

## International Speaker | High-Performance Coach | Facilitator

My name is Tim Wagner.
I help Hospitality Professionals face the challenges of stress, burnout, and overwhelm. Working with executives, management and hospitality leaders, I take them from frustrated, lost and questioning their purpose to calm, confident, and clarity on their leadership journey.

Traditional employee well-being programs have failed us all.

I present a new, fresh take on helping teams to flourish and grow once more.

I have over 36 years in business and 27 of these as a leader in multiple facets of hospitality. Combined with 17 years as a coach, facilitator, and now an international speaker and certified breathwork guide, I deliver high impact messages through:

- My interactive keynote titled: “The silent crisis in Leadership. How to Spot and Stop the Slide to Burnout.”
- Workshops, masterclasses and coaching from my signature Professional Pointer Coaching Program™, defined by my BREATHE methodology and 7-stage blueprint,
- Stress and anxiety release through Transformational Breathwork techniques.

I aim to help clients re-discover authentic leadership skills, renewed confidence, and sustainable performance outside of the states of stress and burnout.

This is outlined in my e-book “From Burnt-out to All-out in 60 Seconds”, “Bridging the GAP” framework and “The Well-being Curve™”. (Downloaded PDF’s available through my website).

As a Leader in business you are concerned with your teams well-being, performance and mindset. You want them to achieve personal and business success but something is missing in their abilities to deliver a consistent, high end service to the customers.

Contact Tim Wagner to help them discover a deeper connection to their purpose, clearer focus of their values and authentic nature.

In an industry that never sleeps, high-performers carry the weight of teams, expectations, and a never-ending to-do list.

But when pressure replaces passion, stress turns into burnout—and that’s where the real cost begins.

Together we can change that.

Prices available for :

- 6 month Professional Pointer Coaching Program™ held in groups of up to 10 with weekly live Zoom calls and includes Breathwork Journeys.
- 5 day intensive Workshop using the 7 stage BREATHE framework for up to 12 people.  Held in person and includes one evening Transformational Breathwork Journey.
- Morning seminars, 1/2 and full day Masterclasses designed to your needs.
- 45 minute interactive keynote talk: “How to Spot and Stop the Slide to Burnout.”
- NEW:  As an extension to the above offerings.
  Ongoing resilience and Mindful Moments 2 - 5 minute focussed sessions delivered via Whatsapp videos or subscription model.

**Tim is based in Cape Town, South Africa, and works internationally in person and virtually.**

**Book Tim as Your Next Speaker or Coach**

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To find out more, please visit:
🌐 Website: www.professionalpointer.com

LinkedIn: https://www.linkedin.com/in/professionalpointer/

LinkTree:  https://linktr.ee/professionalpointer

## 100-Word Bio

**Tim Wagner** is an international speaker, high-performance coach, and Breathwork guide helping Hospitality Professionals beat burnout and lead with authenticity.

With 27 years in hospitality leadership and 16 years in coaching, Tim brings practical tools and somatic techniques to every talk.

His interactive keynote, *“The Silent Crisis in Leadership,* **How to Spot and Stop the Slide to Burnout***”* blends storytelling, breathwork, and actionable strategy to create lasting change.

Tim’s frameworks—including **BREATHE™, The Wellbeing Curve™,** and the **Professional Pointer Program™**—help organisations improve engagement, reduce absenteeism, and retain talent.

Audiences leave with clarity, practical tools, and renewed purpose.

Based in Cape Town, Tim works globally in person and online.