



# CARA BRADLEY

BODY-MIND TEACHER. SPEAKER. AUTHOR.

## WAKE UP, SHOW UP AND SHINE

**Cara Bradley**, an engaging speaker and body-mind expert, is known for her ability to teach people how to live in the powerful state of flow. With skill and humor, Cara leads people to access flow and tap into their body-mind intelligence with mindfulness, breath, and movement.

Drawing on **30+ years** of teaching experience, Cara has a unique gift for connecting with her audiences, ensuring they walk away with actionable mini-wins – strategies to reduce stress, increase focus, optimize wellbeing and performance.

Cara has shared her expertise with **Fortune 500 companies**, entrepreneurial start-ups, top industry groups, trade organizations and nationally ranked college teams. She is the author of *On The Verge: Wake Up, Show Up, and Shine*.

## POPULAR TALKS

### OPTIMIZE PERFORMANCE

#### **UNLEASH THE POWER OF FLOW AND BODY-MIND INTELLIGENCE:**

Learn to trigger flow – your state of optimal wellbeing and performance – and tap into creativity and connection from your head, heart and gut.

#### **HOW TO “BE ALL IN” WITH FIERCE FOCUS:**

Train your body-mind to sustain heightened awareness, leaving no room for distraction or drama. Learn strategies to “lock in” attention and composure during high-pressure challenges.

#### **YOU ARE MORE THAN A BRAIN ON A STICK:**

Shift beyond your “crazy busy” mind – including drama, doubt and fear – and access a full-spectrum of insight and intelligence offering you greater clarity, confidence, connection and calm.

### OPTIMIZE WELLBEING

#### **LIVING BEYOND “CRAZY BUSY”:**

Settle down and shift beyond over-thinking and over-doing with mini-wins and micro-practices– strategies to reduce stress and anxiety, increase focus and connection and improve sleep.

#### **DRAMA DRAINS. FOCUS FUELS:**

Learn mini-wins and micro-practices to manage your energy and maintain openness and positivity around sticky situations and people at work and home.

### TESTIMONIALS

Cara’s strategies for wellbeing & performance left a lasting impression on our team. Her presentation was dynamic, insightful, and relevant.

SARA WANG,  
WORLD BANK GROUP

Cara’s infectious energy coupled with her deep expertise in body-mind training moves audiences literally!

MO EDJIALI, FOUNDER  
MINDFUL LEADERSHIP SUMMIT

Cara provided winning strategies that will help us to be better leaders in an extremely busy world. It was a excellent event!

MEGHAN WYKS,  
VILLANOVA UNIVERSITY,  
MBA PROGRAM



## ABOUT CARA

**Cara Bradley**, an innovative body-mind teacher and keynote speaker, is committed to *shift from frazzled to flow* – a state of being awake and deeply engaged in life – and to not waste one second stuck in the sludge of drama or the muck of mediocrity. She wakes up every day excited to help people live in flow – at work and home – using simple body-mind strategies to settle down, show up and optimize wellbeing and performance.

As a busy entrepreneur and former pro skater for Rollerblade, Cara is no stranger to the increasing pressures of competing in our fast-paced, quick changing world. She is the founder of Verge BodyMind Center in Philadelphia, is a frequent blogger, hosts a weekly podcast and trains CEOs, corporations and sports teams.

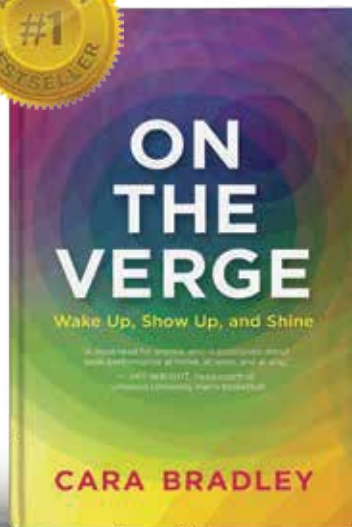
A frequent contributor to *The Huffington Post* and *Mindful Magazine*. Cara was recently named as one of *Mindful's* "30 mindfulness thought leaders."



**BEST SELLER**

"A must-read for anyone who is passionate about peak performance at home, work, and at play."

JAY WRIGHT - HEAD COACH,  
VILLANOVA UNIVERSITY  
MEN'S BASKETBALL,  
2016 COACH OF THE YEAR  
AND NCAA NATIONAL CHAMPIONS



*On The Verge* is a call to break free from your busy mind and to wake up in this moment, fully engaged and ready to shine. You'll discover how to shift from frazzled to focused, and from chaos to clear

Learn how to step beyond distraction, drama, doubt, and fear and show up in this moment—on the verge—where you not only feel better, you perform better.

## CONNECT

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