



**CARA BRADLEY**  
BODY-MIND TEACHER. SPEAKER. AUTHOR.

**“Cara’s infectious energy  
moves audiences literally!”**

Mo Edjiali Founder, Mindful Leadership Summit

**“A dynamic, insightful  
presentation left a lasting  
impression on our team.”**

Sara Wang  
World Bank Group

**“Her winning strategies  
help us be better leaders  
in a busy world.”**

Meghan Wyks  
Villanova University MBA Program



## 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 flow— a spectrum of optimal states where we feel our best and perform our best. Using her signature mini-win strategies Cara leads people to get out of their head, get into their body and access flow at work and play.

Drawing on **30+ years** of teaching experience, Cara has a unique gift for connecting with her audiences, ensuring they walk away with simple and actionable micro-practices to feel more stable and clear, reduce stress, increase focus and improve performance.

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



### POPULAR TALKS

#### **Get out of your Head. Live in Flow.**

Learn simple, actionable mini-win strategies to build mental strength, access body intelligence and experience flow—where you feel your best and perform your best.

#### **Wake Up, Show Up and Shine**

Get to know what your busy mind is so busy doing. Learn micro-practices to settle mental chatter, heighten perceptive awareness and train body and mind to find calm in chaos and composure in challenge.

#### **From Frazzled to Flow**

Synchronize mind and body with easy-to-do mini-win strategies for building focus, increasing effectiveness and experiencing more positivity and purpose.

#### **Energy Bank Account: Is Yours Full or Empty?**

Drama drains and focus fuels. Discover why “being here now” is the best way to recharge, feel happier, and be more productive at work and home.



**Cara Bradley**, a leading authority of body-mind training, has led thousands through her signature strategies to build mental strength and access body intelligence and live in optimal states of flow. She first experienced flow as a competitive figure skater and pro skater for Rollerblade. After a peak experience as a collegiate runner Cara turned to study and teach yoga and meditation as gateways to optimizing wellbeing and performance.

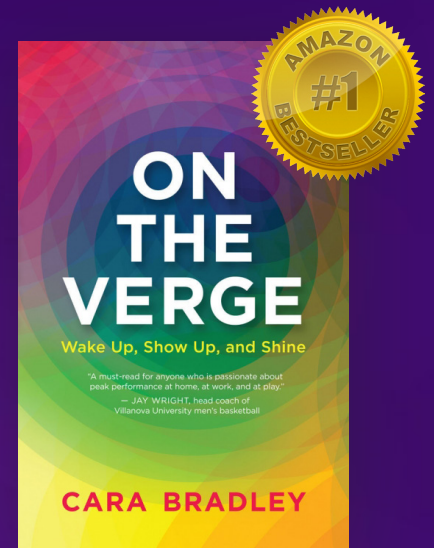
Now a nationally recognized teacher and speaker, Cara works with CEO's, Fortune 500 companies and college sports teams. When she's not on the road speaking, Cara puts flow to work running her 15-year old business, Verge Body-Mind, directing programs for the **Flow Genome Project** and as host for the **Embodiment @Work Summit**. She is the author of *On The Verge: Wake Up, Show Up, and Shine*.



**“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 2018 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  
WITH CARA**

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