



**CARA BRADLEY**

Author. Coach. Mind-Body Speaker.  
Champion for Midlife Women.

# **SUPER-CHARGED** Strategies Empowering Midlife Women to “Step Up, Not Back!”

Cara will show you how to:

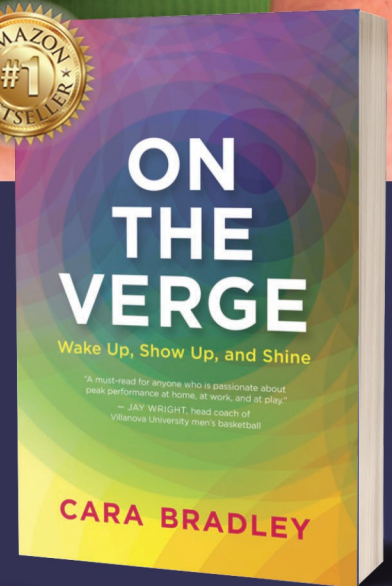
- **Lead with a Confident Mindset**
- **Feel Strong, Steady, and On Your Game**
- **Own Your Health with Clarity and Conviction**
- **Know You’re Not Alone—and You’re Not Done**

If you want your women leaders to understand what truly drives performance during midlife, Cara Bradley is the speaker who delivers. Her warm, no-nonsense style—infused with New York spunk and sass—immediately puts the room at ease and reminds every woman: you’re not the only one feeling this.

Through humor and vulnerability, she addresses how midlife changes can drain energy, trigger self-doubt, and impact work. Her engaging presentations offer science-backed tools and real-life strategies that help women feel confident, capable, and in control again.

Make sure your next conference, meeting, or event includes Cara Bradley for a keynote that’s:

**ENGAGING**  
**ENERGIZING**  
**ENTERTAINING**  
**EMPOWERING**



Research shows 41% of midlife women feel invisible or irrelevant at work. Cara Bradley helps them reclaim their strength, confidence, and relevance while guiding organizations to build environments where midlife talent thrives.

[carabradley.net](http://carabradley.net)



“Cara’s enthusiasm touched our women leaders boosting our commitment to be balanced and steady at work and home.”

Susanne Svizeny  
Executive Vice President, Wells Fargo

“Inspiring and actionable! Cara Bradley offered our female leaders a fresh spin on how to feel and be our best.”

Cristina Hug  
Vice President, Goldman Sachs

Designed to inspire and activate, Cara’s talks are ideal for main stages, breakout sessions, virtual events, and women’s leadership programs.

**MOST REQUESTED PRESENTATIONS:**

**Navigating Midlife Changes at Work**

Take Charge of Your Health Without Stepping Back

*Focus: Advocate for your well-being & stay on your game*

**From Busy Me to Best Me**

Beat Midlife Burnout, Brain Fog, and Blues

*Focus: Use effective strategies to feel strong, steady, & clear*

**Step Up Not Back in Midlife**

Lead with Conviction. You’re Not Done Yet

*Focus: Own your power with a confident mindset*

Cara Bradley is a seasoned mind-body teacher, board-certified health and wellness coach, and author of *On The Verge*. She’s the founder of the award-winning Verge Yoga Center in Philadelphia and the creator of *Sparked*—a daily mindset newsletter reaching thousands. Cara has delivered keynotes and trainings for organizations including Goldman Sachs, LVMH, Intuit, and Virgin Pulse. Named one of the "Most Powerful Women in the Mindfulness Movement" by *Mindful* magazine, her work has also been featured on Oprah.com, ABC Sports, *Self*, *Shape* and *Men’s Fitness*.

Widely recognized as a leading behavior change expert, Cara has trained thousands to cut through doubt and stay in action. Drawing on her high-stakes experience as a former pro figure skater and pro inline skater, she’s coached Fortune 100 teams, top executives, and championship programs including MLS’s LA Galaxy and Villanova Men’s Basketball.

**Bring Cara Bradley to your next women’s event and expect fired-up energy, extraordinary engagement, and rave reviews.**



To book Cara: 610.256.4443  
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