



# CARA BRADLEY

BODY-MIND TEACHER. SPEAKER. AUTHOR.

## WAKE UP, SHOW UP AND SHINE

Cara Bradley is an engaging speaker and body-mind expert known for her ability to help people live in flow – beyond their busy mind – and tap into their body-mind intelligence where they not only feel clear and confident but also connect to insight and information from head, heart and gut.

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

Using her passion, energy and warmth, Cara has shared her expertise with thousands of talented, high-potential professionals in **Fortune 500 companies**, entrepreneurial start-ups, top industry groups, trade organizations and nationally-ranked college teams. She has also extended the reach of her message as the author of ***On The Verge: Wake Up, Show Up, and Shine***.

## POPULAR TALKS



### LIVE SMART:

Tap into body-mind intelligence and access insight and information by training body and mind to settle down, show up and shift into high definition living.



### BEYOND YOUR BUSY MIND:

Mini-wins and micro-practices to shift beyond over-thinking and over-doing and live with clarity and calm.



### SHIFT FROM FRAZZLED TO FOCUSED, FROM CHAOS TO CALM:

Simple mini-wins to quickly stabilize mind and body settle the nervous system, reduce stress and live beyond the overwhelm of “crazy busy.”



### DRAMA DRAINS. FOCUS FUELS:

Lessons on staying plugged in and fully charged by managing sticky situations and people, maximizing resilience and renewing positive energy.



### FLOW TRAINING FOR PEAK PERFORMANCE:

Strategies to find flow, stabilize the nervous system, experience coherence and tap into body-mind intelligence.



### BUILDING FIERCE FOCUS:

Micro-practices and mental strength training to increase clarity, efficiency and creativity and to ignite performance.

## 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 dynamic energy coupled with her deep expertise in body-mind training moves audiences literally!

MO EDJIALI, FOUNDER  
MINDFUL LEADERSHIP SUMMIT

Cara provided simple 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 is an innovative leader in body-mind intelligence. She speaks on mini-wins and micro-practices – simple daily strategies integrating mindfulness, movement, and breath training to stabilize mind and body and optimize wellbeing and performance.

Cara is a former pro skater for Rollerblade and the founder of Verge BodyMind Center in Philadelphia. She is a keynote speaker, podcast host and trains CEOs, corporations and sports teams including Villanova University football and men’s basketball.

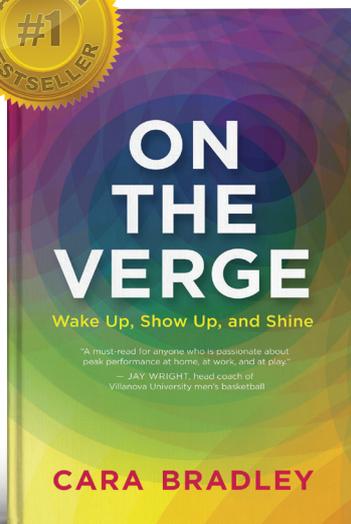
Cara is a frequent contributor to The Huffington Post & Mindful Magazine & was recently named as one of Mindful’s “30 Mindfulness Thought Leaders.”



**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 right now, fully engaged and ready to shine. Cara Bradley, former pro skater, body-mind expert and mental strength coach to CEOs and elite athletes, offers powerful body-mind practices and strategies to shift from frazzled to focused, and from chaos to clear.

Discover how to shift beyond “crazy busy” into high definition, high voltage living.



Connect with Cara  
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