



Introduction Bio

If you've ever had an incredibly productive day, when you're accomplishing tasks left and right and making huge dents in your to-do lists... you've experienced a state of flow or optimum performance. Cara Bradley is the expert corporations like Wells Fargo, Spectrum Enterprise, and World Bank Group have partnered with to help their organizations redefine motivation and reboot engagement by experiencing flow – a state that's available to anyone, anytime.

Drawing on her expertise as a professional skater for Rollerblade and her 30+ years of body-mind training, Cara will lead you into a first-hand experience of flow and teach you how to help your team be more productive, more engaged and more energized so you're more effective, retain your top talent, and add dollars to your bottom line.

Bio for Website or Program

Have you ever had one of those days where you're just... "on"? Where you blast through your do-to list, feel confident at every meeting and get the creative juices flowing with your team. What would your organization look like if you could not only predict – but CONTROL when you're operating at your peak performance?

Cara Bradley is the expert at helping organizations all over the world easily access a state of flow – where you and your team operate at their highest capacity, at their optimum levels. She knows that being motivated is a moment- to-moment choice to live in flow. In flow you are more agile—you think clearly and adjust accordingly – and what's more important, *flow is a state available for everyone, every single day*

With over three decades of high performance, speaking, and most importantly, real-life, in-the-trenches business experience, her view on motivation is radically different. Unlike many motivational speakers, Cara Bradley doesn't talk about being engaged... she gets you engaged from head to toe. Organizations like Wells Fargo, Spectrum Enterprise, and World Bank Group have partnered with Cara when they want to reboot motivation on their team and spark employee engagement and performance. Drawing on her expertise as a professional skater for Rollerblade and her 30+ years of body-mind training, Cara leads attendees into a first-hand experience of flow.

Simply put: If you want you and your team to be more productive and more energized to help you be more effective, retain your top talent, and add dollars to your bottom line... Cara Bradley is the expert to help you get there.