

Client Testimonials



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Cara you were truly one of the highlights of the summit! Thank you for offering our leaders great strategies to boost focus and live in flow at work.

- Mike Thompson, CEO, National Alliance of Healthcare Purchaser Coalitions

Stop what you're doing and breathe. Silence your mind. Get your body moving! Thank you, Cara, for teaching us "mini-win's" to bring our bodies and minds back into the present! The 80+ HR and business professionals who attended our event loved this!

Cheryl DeMars, CEO, The Alliance

Cara's enthusiasm for helping others feel ALIVE and ENGAGED touched our women leaders boosting our commitment to be balanced and steady at work and home.

Susanne Svizeny, Executive Vice President, Wells Fargo

Cara's dynamic energy coupled with her deep expertise in mind-body moves audiences literally!

Mo Edjlali, Founder and CEO, Mindful Leader

Cara Bradley has been a tremendous addition to our football program. Our players are more focused and frankly we have had less injury than at any other time in our history.

Head Coach Andy Talley - Villanova University Football

Cara left a lasting impression on my colleagues and me. Her presentation was dynamic, insightful, and relevant. We are grateful for her inspiring story and the strategies she taught us.

Sara Wang, Senior Policy Officer, World Bank Group

The perfect blend of motivation and stillness. I am a better coach because of CaraBradley.

Jay Wright, Head Coach – Villanova University Men's Basketball, 2016 & 2018 National Champion

A great success! Cara provided a wonderful presentation to our north America associate population. It was very informative and engaging. Almost immediately I received tons of positive feedback!.

Lindsay Elliot, Health Promotion Specialist, The Coca-Cola Company

Cara provided tools and techniques that will help us to be better leaders in an extremely busy world. With mindfulness, we can be more productive, present, and engaged. It was an excellent event!

Meghan Wyks, Events Coordinator, Villanova MBA Alumni Association

