

SPARK AN ENGAGEMENT REVOLUTION

*Use Both Psychological and Physiological Strategies
To Optimize Employee Performance and
Dramatically Improve Sales With Cara Bradley*



According to The Harvard Business Review, “The holy grail of today’s workplace is high employee engagement.” But *all the motivational strategies and employee incentives in the world can’t create that Nirvana for you.*

Also, according to Gallup, 87% of today’s employees lack a sense of purpose at work. They lack motivation and feel disconnected. These emotions become a self-fulfilling prophecy as this level of unhappiness leads to disengagement and low productivity. And since your employees aren’t getting results that excite them, they become even more disengaged and ultimately leave. This high turnover rate is costing American companies (like yours) a fortune.

It’s your job to create the environment and circumstances that will allow your employees to be more agile moment-to-moment and prime themselves for optimal performance. Cara Bradley will show you how to do this so your teams can make decisions based on real-time information. This is possible when we don’t have to wrestle with the voice in our head (our inner critic) making us feel unsure and held back by fear. When this state of “flow” happens, everything speeds up and brightens up... our energy, our thought processes, productivity, and results. In fact, *Cara will show you how to transform your teams from checked out and insecure to power house achievers.*

With over three decades of high performance, speaking, and most importantly, real-life, in-the-trenches business experience, Cara Bradley’s view on motivation is radically different. Unlike many motivational speakers, She doesn’t just talk about being engaged... she gets you engaged from head to toe. 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—an optimal state of full engagement where we feel and perform our best.

From her work with Wells Fargo, Spectrum Enterprise, and World Bank Group to her time coaching sports teams such as Villanova Men’s Basketball on how to more easily access their optimal state... Cara has helped individuals, teams and corporations achieve peak performance on demand.

Testimonials

Cara was one of the highlights of the summit!

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

Cara’s dynamic energy moves audiences literally!

- Mo Edjlali, Founder and CEO, Mindful Leader

Cara’s enthusiasm for helping others feel ALIVE and ENGAGED touched our women leaders boosting our commitment to be awake at work.

- Susanne Svizeny, Executive Vice President, Wells Fargo



Featured Presentations

SPARK A HIGH ENGAGEMENT, HIGH PERFORMANCE CULTURE

This program is designed to introduce you to the concept of “flow” and *the dramatic benefits your employees will experience both personally and professionally when they choreograph their environment, body, and mind* to drop into this state. In this highly interactive keynote, you will experience first-hand what it means to prime your self and achieve optimal states of body and mind. You’ll **discover how flow makes you feel more alive , why flow ignites employee engagement and how to create the environment to build your own highly engaged Flow culture.**

HOW TO SWITCH FROM FRAZZLED TO FLOW IN A FAST-CHANGING WORLD

Replace distraction, overwhelm and uncertainty in your work and on your team with the clarity and calm needed to navigate a VUCA world. It starts with priming your self to be alert and agile moment to moment. In this engaging keynote you will discover a more optimal state where we feel and perform our best... plus **science-backed tools to reset your nervous system, quiet your inner critic and boost confidence and creativity.**

DISTRACTED NO MORE: BUILDING FIERCE FOCUS FOR BREAKTHROUGH CLARITY AND CREATIVITY

This fun keynote *reveals the secrets of top athletes, musicians and other masters and how they prime themselves to access the optimal state of flow* — where we feel and perform our best. Your audience will **experience science-backed mental training that will show them how to achieve the intense focus they need** to unleash clarity and creativity to produce their best work.

BOOK

Cara Bradley

TO SPARK ZEST AND ENGAGEMENT ON YOUR TEAM

Call 610.256.4443 or Email cara@carabradley.net



On The Verge

Wake Up, Show Up, and Shine

Available at 