

From Frazzled to Flow

Use Both Psychological and Physiological Strategies To Optimize Focus, Creativity and Productivity and Dramatically Improve Engagement and Enthusiasm



In 2016, The Center for Collegiate Mental Health reported a 30% rise in students seeking appointments at counseling centers. 61% reported seeking help for anxiety, 49% for depression, and 45% for stress. Studies show that mental overwhelm leads to lack of motivation, disengagement, lack of purpose and low productivity. In short, the majority of your students are likely not getting results that inspire or excite them, leaving them even more depleted and disengaged.

As an educator or coach it's your highest aspiration to create the environment and circumstances that will allow your students to be more resilient and prepared for prime performance in the classroom, on the field and in life. This is possible when we get out of our head and access flow—a prime state of mind and body where everything speeds up and brightens up... our energy, our thought processes, productivity, and results. Cara will show you how to transform your faculty and students from distracted and disengaged to fully engaged and in flow.

BIO

With over three decades of real-life, in-the-trenches teaching experience, Cara Bradley's view on being motivated is radically different. Unlike many motivational speakers, Cara doesn't just talk about being fully engaged... she gets you engaged from head to toe. Drawing on her expertise as a mental strength coach for college teams, a professional skater for Rollerblade and her 30+ years of body-mind training, Cara leads faculty and students into a first-hand experience of flow—an prime state of full engagement where we feel and perform our best.

From her work with Villanova University MBA Program and Law School, Episcopal Academy and Great Valley School District to her time coaching sports teams such as Villanova Men's Basketball and Football, Penn State Men's Basketball, University of Pennsylvania Women's Soccer, Cara has helped students and teams access their prime state of flow and achieve peak performance on demand.

Testimonials

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

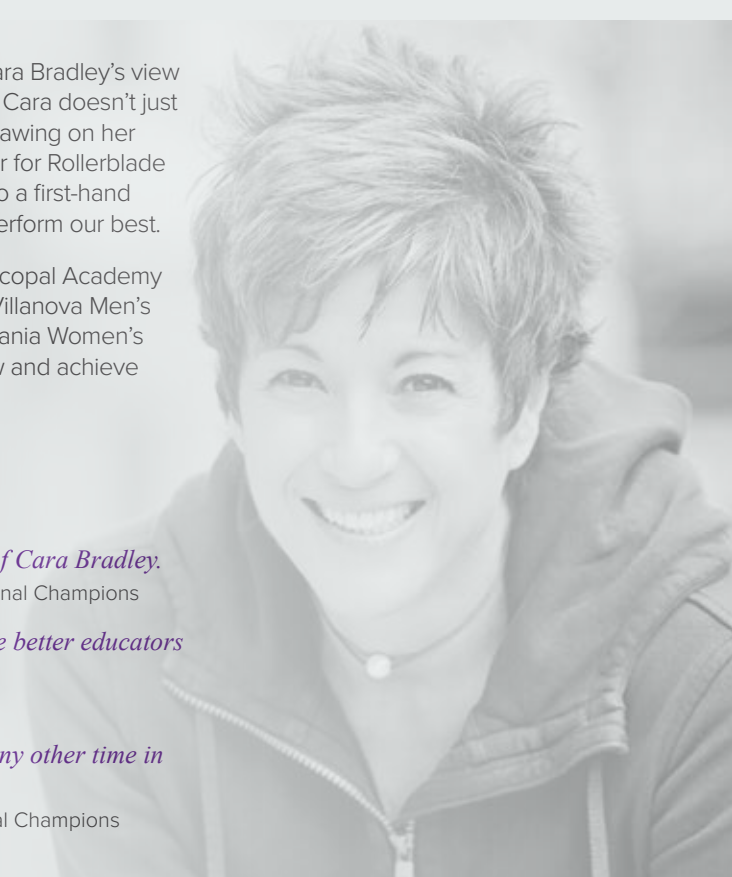
- Jay Wright, Head Coach – Villanova University Men's Basketball, 2016 & 2018 National Champions

Cara provided our staff with unique and inspiring strategies to help us to be better educators (and happier people) in an extremely busy world.

- Julie Faude, PhD, Episcopal Academy Psychologist

Our players are more focused and frankly we have had less injury than at any other time in our history.

- Andy Talley - Head Coach – Villanova University Football, 2009 NCAA FCS National Champions



Featured Presentations

FROM FRAZZLED TO FLOW IN A FAST-CHANGING WORLD

This highly interactive keynote is designed to introduce you to the concept of “flow” and how this prime state of full engagement offers dramatic benefits of enhanced wellbeing and performance for your staff and students. You will experience first-hand what it means to "choose your state" replacing distraction, overwhelm and uncertainty with the clarity, confidence and calm needed to navigate a fast-changing world. Discover strategies to access flow, where we feel and perform our best... plus science-backed tools to reset your nervous system, quiet your inner critic and boost focus, productivity, engagement and enthusiasm.

WAKE UP, SHOW UP AND SHINE

There’s a space beyond “crazy busy,” where you feel naturally awake and alive. Get out of your busy mind and you feel more clear, calm and confident. In this lively presentation your staff and students will learn how to shift beyond the busy mind and access flow, a prime state of body and mind where we do everything better. Experience high quality self care strategies that build resilience and grit, increase energy and enthusiasm and significantly improve effectiveness. Discover how to live in flow — on demand — to access your natural radiance, intelligence and aliveness.

DISTRACTED NO MORE: BUILDING FIERCE FOCUS FOR BREAKTHROUGH PERFORMANCE

There’s a space beyond “crazy busy,” where you feel naturally awake and alive. Get out of your busy mind and you feel more clear, calm and confident. In this lively presentation your staff and students will learn how to shift beyond the busy mind and access flow, a prime state of body and mind where we do everything better. Experience high quality self care strategies that build resilience and grit, increase energy and enthusiasm and significantly improve effectiveness. Discover how to live in flow — on demand — to access your natural radiance, intelligence and aliveness.

Connect Today to Book

Cara Bradley

To Help Your Students and Staff From Frazzled to Flow

Call 610.256.4443 or Email cara@carabradley.net



ON THE VERGE

Wake Up, Show Up, and Shine

Available at 