

From Frazzled to Flow

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 feel more excited, engaged and productive. Cara Bradley will show you how to do this so your teams can be more alert and agile moment-to-moment. When this prime state of awareness called “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 frazzled to focused and in flow—where high engagement and high performance becomes the new normal.

BIO

Once called a “corporate spark plug,” Cara Bradley is a popular motivational leadership speaker known for her high-energy, immensely experiential presentations laced with audience interaction, “flow state” triggers, and immediately actionable takeaways.

Cara is the author of *On The Verge: Wake up, Show up, and Shine* (New World Library).

A former pro skater for Rollerblade, Cara shares her expertise in mental strength training and embodied leadership with Fortune 500 companies, entrepreneurial start-ups, top industry groups, trade organizations including Coca-Cola, World Bank Group, SAP, and Wells Fargo and premiere college sports teams including the Villanova Men’s Basketball Team.

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

THE POWER OF FLOW: MAKE YOUR OPTIMAL STATE YOUR DEFAULT STATE

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 an optimal state of body and mind. You’ll discover why flow ignites employee engagement and how to create the environment to build your own highly engaged Flow culture.

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 yourself to be alert and agile moment to moment. In this engaging keynote you will discover a more prime 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 prime state of flow—where we feel and perform our best. Your audience will experience mental training that will show them how to achieve the intense focus they need to unleash clarity and creativity to produce their best work.

Connect Today to Book

Cara Bradley

To Help Your Team Shift From Frazzled to Flow

Call 610.256.4443 or Email cara@carabradley.net



ON THE VERGE

Wake Up, Show Up, and Shine

Available at 