

# 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

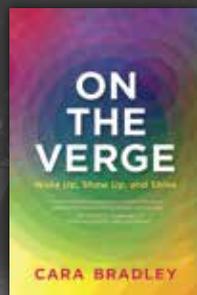
This fun keynote reveals the secrets of top athletes, musicians and other masters and how they prime themselves to access the prime state of flow—where we feel and perform our best. Your audience will experience mental training that will show them how to achieve the intense focus they need to unleash 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](mailto:cara@carabradley.net)



## ON THE VERGE

Wake Up, Show Up, and Shine

Available at 

# 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.*

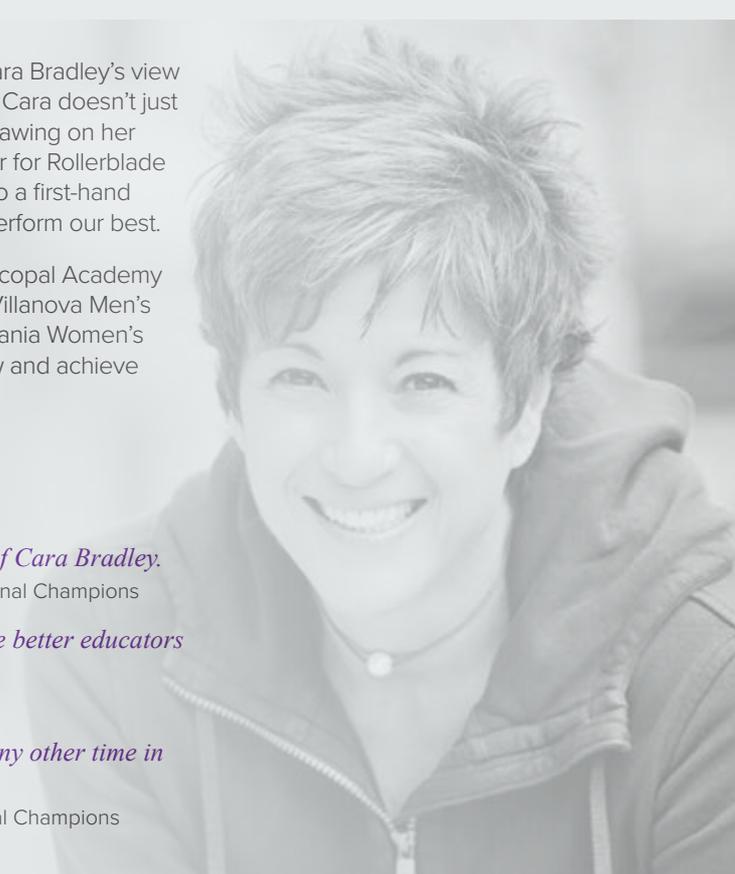
- Jay Wright, Head Coach – Villanova University Men's Basketball, 2016 & 2018 National Champions

*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

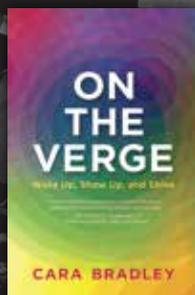
There’s a space beyond “crazy busy,” where you feel naturally awake and alive. Get out of your busy mind and you feel more clear, calm and confident. In this lively presentation your staff and students will learn how to shift beyond the busy mind and access flow, a prime state of body and mind where 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

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## ON THE VERGE

Wake Up, Show Up, and Shine

Available at 

# 7 REASONS TO HIRE CARA BRADLEY



1

*You want measurable return on investment!* Your investment in Cara will pay off right away by making it easier for your audience members to **not only feel better in their own skin—immediately—they’ll also be inspired to spark a culture of high engagement and high performance.**

2

*You want a real expert, not a pretender or just another motivational speaker.* Cara shares her **expertise in mental strength training and embodied leadership** with Fortune 500 companies, entrepreneurial start-ups, top industry groups, trade organizations and premiere college sports teams. It’s this expertise that she brings to your audience – real expertise that brings real results.

3

*You want a memorable and highly interactive learning experience that will have impact on your audience.* Cara gets you out of your head and into your body. She doesn’t talk about being engaged... she gets you engaged from head to toe. Drawing on 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.

4

*You want substance and spark, not just mumbo jumbo inspiration.* In this economic environment, motivation alone doesn’t cut it. Cara’s style is **high energy, high content, and completely action-oriented.** She is NOT a “motivational speaker” – she is an “transformational speaker!” Her motto is: No hype. No Mumbo Jumbo. No airy-fairy. She often reminds her audience, “I’m from Brooklyn, new-age mumbo jumbo isn’t allowed where I came from.”

5

*You want a truly customized presentation.* The VUCA world is ever changing - increasing our stress and decreasing our capacity to think clearly and adjust moment-to-moment. **Cara walks her talk when it comes to being agile by skillfully adapting to changing environments and demographics.** She has trained thousands of busy people, from CEO’s and Fortune 500 companies to professional athletes, how to settle down, show up and shift from frazzled to flow.



6

*You want added value beyond the talk.* After speaking with you, Cara will deliver an in-depth “Needs and Interests” survey around your desired topic to focus on exactly what you and your members need to know and want to learn. She’ll also offer a **customized pre-event sizzle reel to build excitement and interactive webinar to prep attendees on what to expect.**

Cara is often asked to “prime the crowd” in an early morning movement and mediation session. Clients have raved about the impact of having a highly experiential and embodied practice. **She offers attendees FREE access to a library of practices and strategies to build individual and team enthusiasm and engagement.** Many speakers charge a monthly subscription fee of \$15 to \$50 per person if they provide online resources.

And finally, Cara is happy to work with you after the program to make sure the program sticks and your objectives are achieved. This may include follow-ups by email or even a free teleseminar 30, 60, or 90 days after the live event. As you can see, **Cara will leave you fully equipped to skillfully ignite motivation and engagement.**

7

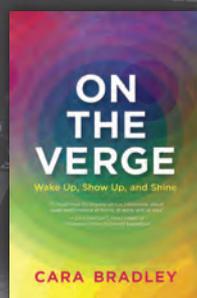
*Cara brings a joyful zest to the uninspired.* So yes, you’ll get some motivation too. You can’t be an expert at igniting flow without also being incredibly positive and motivational. **Cara will share her infectious joy and passion for living in flow and putting your optimal states to work.**

BOOK

Cara Bradley

**TO SPARK CREATIVE ENGAGEMENT ON YOUR TEAM**

*Call 610.256.4443 or Email [cara@carabradley.net](mailto:cara@carabradley.net)*



*On The Verge*

Wake Up, Show Up, and Shine

Available at 

# Client Testimonials



## Testimonials

*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



# Clients Cara Worked With



# Audio & Visuals Page



**Meeting the following requirements will help to insure a great experience for your audience.**

## *Equipment:*

Wireless lavalier microphone + spare battery  
Flipchart + fresh markers  
LCD projector + screen  
If using image magnification and/or videotaping, please use as much house light as possible.

## *Room Setup:*

The following suggestions are important not just for the effectiveness of my presentation, but also for the overall success of your event:

I am a high-energy speaker who utilizes movement to connect with my audience. This means that I like to move from left to right across the stage and occasionally out into the audience. If possible, please take this into consideration when arranging for stage set and audio logistics.

**If you have any questions, please call me at (610) 256-4443.**

**Thanks and I look forward to working with your team!**

