

Activate Your Optimal Body-Brain States



Use Both Psychological and Physiological Strategies for High Impact Engagement and Performance 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 and perform their best. Cara Bradley will show you how to do this so your teams can settle down, show up and dive into work that matters—with enthusiasm. This is possible when we learn to course correct by shifting our state from frazzled and frenzied to clear, calm and confident. When this optimal state of “flow” happens, everything speeds up and brightens up... our energy, creativity, productivity, and results. In fact, Cara will show you how to transform your teams from distracted and disengaged to fully engaged and in flow.

BIO

With over three decades of high performance, speaking, and most importantly, real-life, in-the-trenches business experience, Cara Bradley’s view on optimization is radically different. Unlike many motivational speakers, she doesn’t just talk about methods to feel and do better... she gets you out of your head, onto your feet and experiencing your optimal body-brain states for yourself. Drawing on her expertise as a professional skater for Rollerblade and her 30+ years of fitness, yoga and mental strength training, Cara leads attendees through state shifting practices and into flow, 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 activate their optimal state on the field and in the boardroom... Cara has helped individuals, teams and corporations achieve high impact engagement and 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

ACTIVATE YOUR OPTIMAL BODY-BRAIN STATES FOR HIGH IMPACT WELLBEING AND PERFORMANCE

This program is designed to introduce you to the concept of “flow,” an optimal state of engagement where champions are crowned and performance skyrockets. In this highly interactive program, you will experience first-hand how working in flow contributes to increased focus, faster decision-making and pattern recognition, improved collaboration and more enjoyment. Learn how strategies from performance coaching, mental strength training, and positive psychology get you into flow and massively impact your creativity and productivity.

THE HIDDEN POWER OF EMBODIED LEADERSHIP

Before you even say hello, people either sense your distraction, disappointment and distress or your confidence, clarity and calm. In other words, they feel and respond to your mental, physical and emotional state of being regardless of what you have to say. This lively presentation explores the characteristics of embodied leadership and how to intentionally choose your optimal body-brain state moment by moment and on demand. Learn science-backed strategies to improve your connection and collaborative skills and nail your next presentation.

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

This engaging presentation reveals the secrets of top athletes, musicians and other masters and how they access Fierce Focus when it counts the most. Discover how to shift beyond your busy mind and experience heightened confidence and composure when stressed or challenged. Discover psychological and physiological strategies to consistently shift from frazzled to focused improving performance, productivity and positivity.

WAKE UP, SHOW UP AND SHINE

Based on Cara’s book *On The Verge*, this lively presentation engages you in high impact self care called "Mini-Wins" designed to quickly get you out of your head and into your optimal state of clear mind, bright body and open heart. Learn how these science-backed strategies activate your positive body-brain states and increase your energy, emotional wellbeing and mental sharpness. Discover how to feel and perform your best with tools from performance coaching, mental strength training, and positive psychology.

Connect Today to Book Cara Bradley

TO ACTIVATE HIGH IMPACT ENGAGEMENT AND PERFORMANCE ON YOUR TEAM

Call 610.256.4443 or Email cara@carabradley.net



ON THE VERGE

Wake Up, Show Up, and Shine

Available at 