



CARA BRADLEY

Author. Mind-Body Speaker.
Mid-Life & Menopause Performance Coach.



SUPER-CHARGED Strategies Empowering Women to "Step Up, Not Back!"

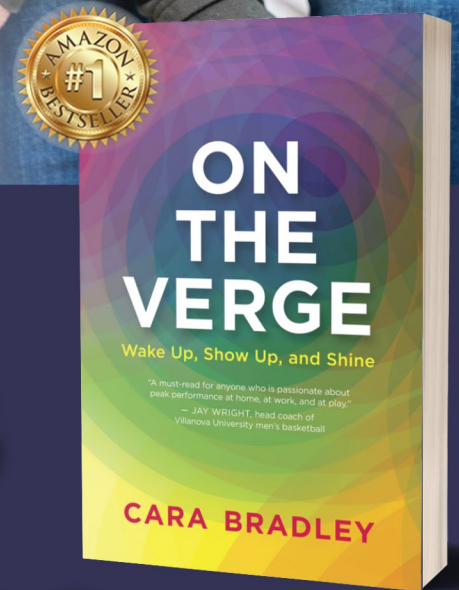
Cara will show you how to:

- **Elevate Mind-Body Wellness**
- **Enhance Performance Through Menopause**
- **Beat Menopause Brain Fog**
- **Cultivate a Positive Mid-Life Mindset**

If you want your female employees to discover the secret to optimal performance during midlife and menopause, Cara Bradley is the ideal speaker to hire. Her delivery, infused with New York "spunk and sass," includes cutting-edge mind-body tools, valuable takeaways, and uplifting stories. This approach empowers women to confidently navigate this transition while maintaining a strong sense of well-being, relevance, and productivity at work.

Make sure your next conference, meeting or event includes Cara Bradley for a highly:

ENGAGING
ENERGIZING
ENTERTAINING
EMPOWERING



Cara's experiential mindset, lifestyle and performance tools will have every attendee ready to be the supercharged, highly engaged and the productive mid-life leader that every one wants on their team.

carabradley.net



“Cara’s enthusiasm touched our women leaders boosting our commitment to be balanced and steady at work and home.”

Susanne Svizeny
Executive Vice President, Wells Fargo

“Inspiring and actionable! Cara Bradley offered our female leaders a fresh spin on how to feel and be our best.”

Cristina Hug
Vice President, Goldman Sachs

Cara's engaging presentations are designed for main stage, break-out and women's leadership programs.

MOST REQUESTED PRESENTATIONS:

Navigating Menopause at Work:
It Starts With Mindset

Peak Performance in Mid-Life:
Beating Menopause Brain Fog

Mindful Menopause:
Balancing Body and Mind

Unlocking Mid-Life Potential:
Shifting From 'Busy Me' to 'Best Me'

Building Mental Fitness:
The Antidote to Burnout

Cara is a seasoned wellness entrepreneur and the author of *On The Verge: Wake Up, Show Up and Shine*. She has delivered keynotes and trainings to prestigious organizations such as the Goldman Sachs, LVMH, Intuit and Virgin Pulse. Cara was named as one of the **"Top 12 Most Powerful Women in the Mindfulness Movement"** by Mindful.org and has been featured on Oprah.com, Mindful Magazine and more.

Bradley is one of the most electrifying performance coaches in the industry having trained thousands to perform their best. She has used her high stakes, in-the-trenches sports and business experience to train top Fortune 100 teams and CEOs to National Championship teams including MLS LA Galaxy and Villanova University Men's Basketball.

Book the “spunky and sassy” speaker, Cara Bradley, for your next women’s event and receive extraordinary results and reviews!



To book Cara: 610.256.4443
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