



**BEST-SELLING AUTHOR KEYNOTE SPEAKER REGISTERED DIETITIAN YOGA INSTRUCTOR SUPERFOOD CHEF**

## TOP KEYNOTES

### FLOW: EXPERIENCE YOUR BEST SELF THROUGH MINDFUL LIVING

In today's business climate, demands are increasing, human capacity is shrinking, and stress is at an all-time high. We are running out of space at work and in our lives and it time to intentionally reprogram our human capacity to do more, give more, and use our advanced resources to thrive instead of fizzle. What would life be like if you could enter your most productive, creative mental state at will? In this presentation, Kristen Johnson Brogan will teach you how to combine mindfulness, food, and movement to build your best self and flow into a state of peak performance.

Within the first 37 seconds, Kristen will have you hanging on to her every word as she brings her authentic personality, stories, and humor to engage and captivate. Kristen will share key ideas and a series of breakthrough insights to help you to create a state of state of momentum and growth. Most importantly, Kristen will leave you with simple action steps for achieving better work flow, life flow, while helping you to find more balance.

### HUNGRY FOR HAPPINESS: HOW FOOD CAN FILL YOU WITH HEALTH & HAPPINESS

Twenty-three hundred years ago, Aristotle concluded that, more than anything else, men and women seek happiness. And even though we are surrounded by more luxuries and opportunities than ever before—we are actually less happy. As a leading expert on mindful living, happiness, and performance, Kristen Brogan has been on a hunt all around the world to find what truly makes people happy—and what she has found will totally blow your mind. Join Kristen in this powerful presentation, as she reveals the secret to life-long happiness.

### MINDFUL LEADERSHIP: HOW TO STAY PRESENT & CALM IN A SEA OF CHAOS AND STRESS

Stress, anxiety, depression, and work/life imbalances are rampant inside most organizations. How can a leader produce results, stay focused, energized, and calm when the world just keeps speeding up? Join Kristen Brogan as she shares the secrets to becoming a mindful leader who can turn negatives into positives, excel in stressful situations and inspire those around them. At the end of the presentation, participants will be guided through a short meditation for effectively reducing stress, improving productivity, and unlocking the mindful leader in them. It's not about showing up anymore, it's about showing up with a clear purpose and high level of energy in the present moment.

### MINDFULLY DELICIOUS: FOODIE EXPERIENCE

Food is our universal language; but not all of us talk food the same. Philosophies and beliefs about what to eat, how to eat, and why to eat certain foods abound. We have made the simple act of eating, complicated and stressful. Worse, we have taken the fun and love out of it. Join Kristen Brogan in this one of a kind experiences as she shows you how to live healthy without giving up the things you love. She'll teach you how to make the act of eating simple, easy and fun through her mindful eating approach to food while showing you how to cook meals that are healthy and delicious. This ultimate foodie experience blends a mindful eating presentation with a dynamic cooking demonstration to blow your mind and taste buds. From oatmeal, smoothies and salads to French toast, cookies and cakes, nothing is off limits when you live mindfully delicious. Mindful eating guide and delicious samples included.