

EDWINA GRIFFIN

YOUR ENERGY EVOLUTION
EYE

KEYNOTE SPEAKER | HEALTH, PERFORMANCE AND COMMUNICATION |
edwinagriffin.com - 1300 241 991

INTRO

Edwina Griffin is a health, performance and communication expert with a passion for the interconnection of body, brain, science, music and consciousness.

Her simple, user friendly techniques and approaches can be applied every day to manage stress and create a positive mindset and culture with better engagement and communication in the workplace.

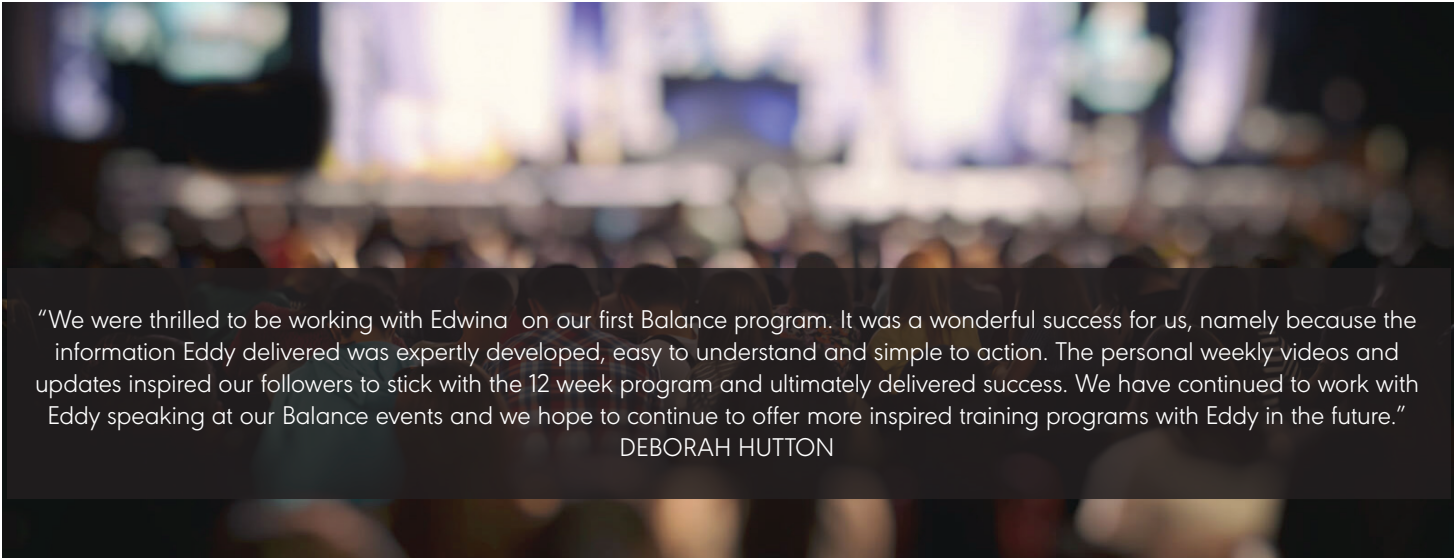
Eddie understands high performance, stress and recovery well having competed as an elite athlete, recovered from chronic fatigue syndrome (sleeping 22 hours a day), recovered from a back injury and awakened from a relationship breakdown and a period of depression to the significance of the interconnection of mind, body, spirit.

Eddie's Kundalini awakening inspired her to expand her knowledge on quantum science and the importance of meditation, mindfulness and mind programming in expanding human potential. The shift humanity is experiencing enables us to invite elements of sound, light, geometry and quantum science to influence our brain and mind programs, emotions and physical health. This higher frequency and consciousness allows us a stronger connection with our hearts and one another.

Edwina has worked with thousands of clients to help them perform at their peak and understands the challenges of small business and larger organisations. She operated her own health centre and team for eighteen years before working in corporate and franchise environments in national training, business development and operations roles.

She now consults as a trainer in health and high performance, communication, and conflict resolution and consults in negotiations and mediations along with her programs to optimise human performance.

[Click here to visit YOUTUBE >> https://bit.ly/2wyX6Ze](https://bit.ly/2wyX6Ze)



"We were thrilled to be working with Edwina on our first Balance program. It was a wonderful success for us, namely because the information Eddy delivered was expertly developed, easy to understand and simple to action. The personal weekly videos and updates inspired our followers to stick with the 12 week program and ultimately delivered success. We have continued to work with Eddy speaking at our Balance events and we hope to continue to offer more inspired training programs with Eddy in the future."

DEBORAH HUTTON



PROGRAM 1



1. FROM STRESS TO RESILIENCE

In a world which is constantly changing and moving at such a fast pace, everyone is living in information overload and stress is a way of life. If we do not learn to manage stress, we can become both disconnected with ourselves and others. Managing change in our internal and external environments plays a key role in resilience and managing stress. If organisations and the people in them do not learn to cope with change and become more resilient, they will struggle or in some cases fail.

The greatest gift you can give your workforce is not only the ability to make a good living but to make a fulfilling life. This session outlines the approaches for managing stress and building resilience to cope in our ever-changing workplaces and lives and how to see opportunity in challenging times.

Edwina believes it's the accumulation of many small changes in behaviour done frequently that enable the potential for big shifts in health, performance and results. This session includes many practical components

Audiences will come away from this session with:

- The basic scientific principles behind stress, happiness and laughter
- Top 7 stress release strategies and processes to shift your brain in 2-5 minutes
- Simple meditations and mindfulness practices
- Techniques to enhance creativity
- The 5 keys to resilience
- Looking beyond the stressful situation and ahead to engaged and productive
- Principles of Intuitive decision-making

*This is an ideal stand-alone conference keynote or an extended half-day or full day program

* This topic has the option to have follow-up programs with your team



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PROGRAM 2

2. POSITIVE LEADERSHIP FOR INCREASED ENGAGEMENT AND INFLUENCE

Confidence, trust and job satisfaction are at historical lows. Workplace bullying and fear-based cultures are becoming a major problem and with this fear comes increases in workplace stress which impedes performance and results.

Leaders often rely on patterns and intuition to make quick decisions. Intuitive decision-making can be beneficial in the business world and differs from rational processes in several ways. Learn more about both decision-making tools and find out which process provides the best solutions.

Scientific research shows how quickly positivity and negativity can spread through groups of people in an organisation. Training our brains for optimism and creativity can have a ripple effect on a team and entire organization. What are you doing with your own mindset and behaviour as a leader or member of your team or organisation?

Positive leadership involves choosing positivity, joy and focus no matter what the challenges. Resilience from leaders along with conscious, positive communication builds confidence and increases team performance, and engagement.

Audiences will come away from this session with:

- The science behind spreading a negative or positive culture
- Techniques to release negativity and train optimism in our brain and mind
- The 5 essentials for creating an engaged, happy workforce
- The 5 communication killers for any team & how to avoid them

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PROGRAM 3

3. HEALTH FROM THE INSIDE OUT- WHEEL OF HEALTH

This session combines tools and techniques to heal and strengthen the body, mind and spirit for health, happiness and high performance. Eddy has developed the Wheel of Health with various approaches to heal and strengthen all aspects of one's self. From inner and outer strength, we move around the wheel to align with our heart and passion and then connect and communicate consciously with the people and world around us.


This session combines several practical techniques to enable people to have a full toolkit for their health to increase their energy vibration and raise their consciousness and performance.

Audiences will come away from this session with:

- The science behind gut health, nutrition, breathing and the mind-brain connection
- Techniques for training the brain and mindset
- Techniques for earthing
- Tools to release emotions
- Power of happiness and laughter
- Positive choices and language
- Approaches for connecting to heart and soul
- Steps to strengthen intuition

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"We have welcomed Edwina back to speak at our Women of Global Change Summit. She is an incredible source of knowledge and wealth. She has a dynamic and fun approach to health. She is engaging in her speaking, personalized and group programs. As an international health expert, I personally and highly recommend her and her company, Your Energy Evolution. As an expert in her field she is a superstar at mind body connection. I personally, as a professional executive, find her work invaluable. Her tools and experience are fun, engaging, and I love it!"

SHELLIE HUNT

CEO & Founder of the Women of Global Change Summit - LOS ANGELES

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PROGRAM 4

4. EFFECTIVE NEGOTIATION AND CONFLICT RESOLUTION

Negotiation and conflict are an inevitable part of business. Different stakeholders with different goals and backgrounds. Conflict is bad for business because it can lead to downturns in productivity, increases in absenteeism and staff turnover. On an individual level it is stressful and can cause anxiety that spills into other areas of life.

Providing teams and leaders with the tools and strategies for effective negotiation can reduce the number of conflicts and enable more open and coherent communication and decision-making in the workplace. Edwina shares her approaches and experiences when negotiating and mediating workplace and multi-party disputes effectively

Audiences will come away from this session with:

- How to be more centred and resourceful when facing challenges under conflict
- Key stages of any negotiation
- 5 strategies for better negotiations and conflict resolution
- Positive communication strategies

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During a negotiation, it would be wise not to take anything personally. If you leave personalities out of it, you will be able to see opportunities more objectively.



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2018 FEES & BOOKING DETAILS

KEY NOTE SPEAKING AND CONFERENCES

1 hour keynote	\$5,000.00
1 hour keynote + workshop	\$6,500.00

WORKSHOPS

1/2 day workshops (over 20 people)	\$5,000.00
1/2 day workshops (under 20 people)	\$3,000.00

Please contact me if you would like to discuss tailoring a workshop or in house training specific to your company's needs.

*Prices do not include travel and accomodation



"I love the way that Edwina makes the experience a light filled and dynamic session. Eddie is easy to follow and I left with a fresh view on stress management"

Keynote speaker
AMANDA STEVENS

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