

MINDSET STRATEGY ACTION



Caitriona Reed

Skills for sustaining a winning mindset, Strategies for putting it into action

Individuals, teams, and organizations, are only as effective as their ability to breathe and live a winning mindset. Energy, passion, and innovation are intrinsic to life. Inspiration is the life-blood that guides us towards solution-based thinking, and the world we long for!

- Creativity
- Your ability to manage Change dynamically
- Effective Communication
- Leadership Skills
- Knowing how to Market yourself
- Indomitable Resilience and Adaptability



All begin with a powerful, flexible, positive mindset.

When there is a gap between the difference you know you can make, and the things that stop you from doing so.

Caitriona Reed has worked with individuals and organizations internationally for more than twenty years. She has helped thousands of individuals transform limiting beliefs, fears and patterns of self-sabotage, to obliterate old habits, and emotions permanently and kindle the fire for Living on Purpose.

I have seen some of the greatest motivational speakers of our time, and I can honestly say that Caitriona is by far one of the most captivating, entertaining, engaging and inspiring speakers and storytellers on the circuit today. She has an amazing knack for blending the breadth of her experience with the depth of her knowledge in a relaxed, easy-to-understand delivery. She's hip, funny, dynamic and has her finger on the pulse of today's current trends. Her work is not only inspiring but life-changing. *I personally experienced a fundamental shift in my thinking in just minutes!* If you are looking for a speaker for your staff, clients or community, Cait is the speaker for you!

—Liora Mendeloff. CEO and Founder Women's Speakers Association Inc.

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in my thinking in just minutes!"***



Caitriona has taught and facilitated programs at Manzanita Village, where she is director and co-founder, for twenty years. Clients include the University of California Los Angeles, UCLA School of Medicine, USC University of Southern California, London Corporate Training, I.E.I. Nigeria, University of California Santa Barbara, Esalen Institute, Findhorn Foundation, Los Angeles Gay and Lesbian Center, Speaker Venure, Communicate 31, Clare Mann Associates Australia Pty Limited, Antioch University.

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Caitriona Reed is a mesmerizing speaker who, with her considerable life experience and magnetic force of personality, is highly adept at educating, motivating, and entertaining her audiences. Weaving together delightful anecdotes, valuable information, and gems of true wisdom, she connects warmly with virtually all who hear her, effectively fielding challenging questions and inspiring powerful new insights. *Roger Kaufman, LMFT, Adjunct Faculty Member, Antioch University Los Angeles*

Keynotes . Workshops . Breakouts

Communication and Rapport

- In the presence of good rapport, everything is possible. Is it possible to become a person who others really respect, trust, listen to, and like? You can't fake it. But you can learn it. The single most important skillset you'll ever learn when it comes to effective communication and authentic relationships. Learn how the brain sees, hears, and understands so that you can be a great communicator, so that others feel safe and inspired in your presence.

The Neuro-Science of Effective Sales

- If you're uncomfortable selling (or being sold to) it's probably because of your deep-seated misunderstanding about your own value, self-worth, and the invisible boundaries you have set in your life. We're all salespeople. Parents, teachers, and healing professionals are selling ideas and values no less than retailers, manufacturers and entrepreneurs are selling their products and services. Effective selling is about understanding the value of what you offer, and communicating it easily, so that others are turned on, curious, and motivated!

Staying Relaxed and Resourceful in High-stress Situations

- **Now Live on Purpose!**™ Caitriona has practiced, researched, and taught skills and technologies for embodying presence, relaxation, and 'enlightened' awareness for three decades. She has trained meditation teachers, hypnotists and NLP professionals on four continents. She has taught thousands of business people, artists, entrepreneurs, and political activists how to transform stress into ease, focus, and balance. Stress is the No. 1 killer. It causes relationships to break up, and people to fail in their business or profession. The sad reality is that it's easy to stop stress. The skills are easy to learn, and when you use them and make them your own, they will transform EVERYTHING!



I am grateful beyond words for the remarkable work of Caitriona .. No teacher I know brings a broader, more relevant range of knowledge, experience, and well-honed skills for awakening us to fullness of our being. Her work is fresh and bold, igniting both courage and joy for meeting the challenges of today's world. For over a decade my own life and teaching has been enriched by her adventurous creativity and passionate respect for life.

–Joanna Macy Internationally renowned Speaker, Teacher, Author, and Creator of “The Work that Reconnects.”