



Wade

MEET WADE BRILL

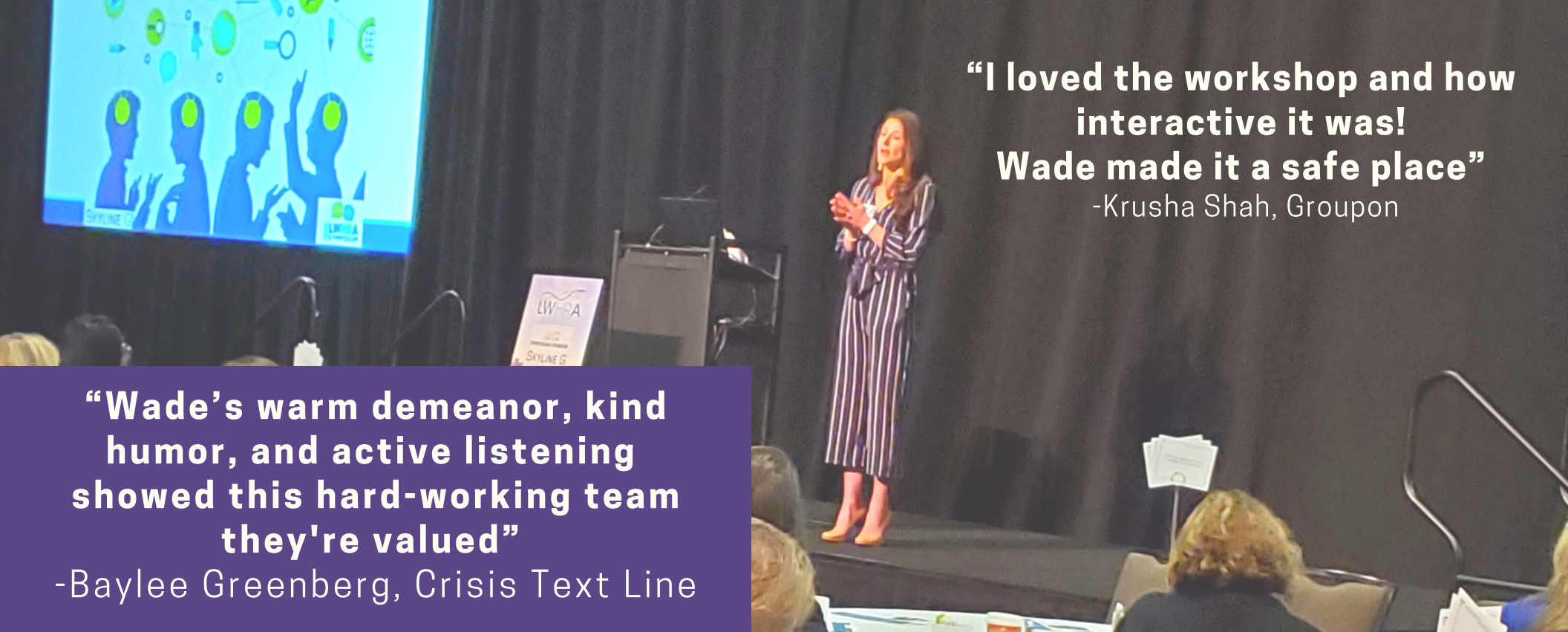
Wade Brill is a Mindfulness Coach, Podcaster and Speaker who helps busy professionals experiencing stress and overwhelm be more present, productive and energized. At the age of 21, Wade survived Hodgkin’s Lymphoma while simultaneously losing her mother to Leukemia. This major life interruption inspired Wade to realize how precious life is and that practicing radical self-care is smart, not selfish. Wade devotes her life’s work to helping others connect to their own inspiration.

Wade is a Professional Certified Coach, Energy Leadership Index™ Practitioner, and Meditation Facilitator through UCLA’s Semel Institute of Neuroscience and Human Behavior. She hosts the popular Centered in the City podcast, offering modern meditations for busy professionals, and is a recognized speaker at conferences, companies, and retreats. Wade helps busy professionals create calm amid chaos and realize the importance of their one mind, one body, and one life.

“Wade had wonderful presence, and I LOVED her presentation. This should be a part of every conference/symposium”

-Lake Washington Human Resource Symposium Attendee





**“I loved the workshop and how interactive it was!
Wade made it a safe place”**
-Krusha Shah, Groupon

“Wade’s warm demeanor, kind humor, and active listening showed this hard-working team they're valued”
-Baylee Greenberg, Crisis Text Line

KEYNOTES & WORKSHOPS:

- Clarity Amid Chaos: How to Stay Focused in Times of Uncertainty
- Calm Amid Chaos: How to Build Resilience in an Uncertain World
- Compassion Amid Chaos: How to Create More Emotional Intelligence
- Creativity Amid Chaos: How to Stay Innovative

ADDITIONAL:

Panel Appearances// Webinars//
Mindfulness 1:1 or Group Coaching

TO BOOK WADE:

Wade@WadeBrill.com

And customize your own experience

Clarity Amid Chaos: How to Stay Focused in Times of Uncertainty

Attendees will:

- Get clear on their vision so that they know where to direct their focus
- Explore their unique relationship to stress
- Learn science-based mindfulness techniques to help regulate the mind and body
- Increase presence and productivity

Logistics



60-minutes to half-day



Best for general audiences 10 to 500



Interactive Keynote or Workshop
Energy-Leadership Index Assessment™
(optional add-on)



Calm Amid Chaos: How to Build Resilience in an Uncertain World

Attendees will:

- Build their unique "Mindful Hand of Resilience"
- Learn science-based mindfulness strategies to stay calm and present in a fast-paced and demanding world
- Manage internal and external pressure

Logistics



60-minutes to half-day



Best for general audiences 10 to 500



Interactive Keynote or Workshop
Energy-Leadership Index Assessment™
(optional add-on)



Compassion Amid Chaos: How to Create More Emotional Intelligence

Attendees will:

- Learn the scientific benefits of cultivating compassion (for self and others)
- Improve communication skills
- Enhance personal and team cultural wellbeing

Logistics



60-minutes to half-day



Best for general audiences 10 to 500



Interactive Keynote or Workshop



Creativity Amid Chaos: How to Stay Innovative

Attendees will:

- Learn how to use chaos to spark creativity
- Understand the benefits of 'open awareness' practice
- Strengthen mindfulness and creative "muscles" to maintain a growth mindset
- Increase presence and productivity

Logistics



60-minutes to half-day



Best for general audiences 10 to 500



Interactive Keynote or Workshop

