



MINDSET FOCUS ACTION

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

*Overwhelmed, Burnt-out, Tired of Disappointment
and Uncertainty, and Ready for a Big Change* 

PURPOSE CLARITY RESULTS

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

It all begin with a powerful, flexible, positive mindset.



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 of 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. Her clients include the University of California Los Angeles, UCLA School of Medicine, London Corporate Training, I.E.I. Nigeria, University of California Santa Barbara, Esalen Institute, Los Angeles Gay and Lesbian Center, Clare Mann Associates Australia Pty Limited, Antioch University.

Contact Caitriona now 310-339-1660

cr@FiveChanges.org

www.ManzanitaVillage.net

How wide is the gap between your fear of where you might end up if you don't change, and your excitement about what you know you can achieve when you get out of your own way?



310-339-1660

// Caitriona 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 . Coaching

Winning Mindset → Personal and Professional Growth

Now Live on Purpose!™ Why do so many people tolerate disappointment, stress, and lack of focus when the skills are available to transform ineffectiveness and resignation into vision and ongoing purpose? Humans are innately capable of creativity, innovation, celebration, and brilliance. Years of research has gone into developing skills and strategies that make it increasingly simple to stay on track, attain your goals, and experience meaning and purpose. Much more is known about how we tick than is generally acknowledged; more importantly, the tools to change limiting beliefs and attitudes to embody a winning mindset are there for the asking.

Powerful Communication → Dynamic Relationships

Poor communication leads to conflict, internal as well as interpersonal. What do the most outstanding speakers and leaders have in common? What is the difference between a marriage on the rocks, and a vibrant healthy relationship? What's the difference between just bossing people about, and being a genuine leader? Great communication is not a hit or miss affair. There are clear principles for how communication works best, whether you are at the podium or in your own bedroom. With extensive training and experience in mediation, conversational hypnosis, and Neurolinguistics, Caitriona teaches advanced communication skills to help with relationships, leadership, team building, public speaking, and sales.

Beyond Stress Management → Empowerment & Motivation

Stress is a huge contributing factor in most organizational failure, interpersonal conflict, family breakup, and disease. Stress can be a healthy response to life. When life is in balance, everyday stresses fade away along with the events that caused them. But accumulated unhealthy, unconscious stress, leads to destructive anxiety and trauma. It is caused by incongruities and imbalances within ourselves. Our natural resilience works against us, allowing us to suppress recognition of accumulated stress until we reach bursting point. The long-term consequences lead to a lessening of all our emotional, physical, mental, interpersonal and spiritual capacities. The key is in finding personal congruity, balance, and sustained awareness. In addition to her background in Hypnotherapy and Neurolinguistics, Caitriona has extensive experience teaching Mindfulness in the workplace, Vipassana Meditation, and Yoga, leading retreats internationally for thirty years.



// 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'.

Book Caitriona Reed 310-339-1660

Contact Cait for private consultation and executive and mindset coaching