



EDWINA GRIFFIN



KEYNOTE SPEAKER • STRESS RELIEF & RESILIENCE SPECIALIST

EDWINAGRIFFIN.COM • 1300 241 991



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Edwina (Eddy) is a renowned expert on health and high performance. Her keynotes and programs combine research with practical strategies and tools.

Eddy shares solutions for teams and employees to improve mental and physical well being, introduce positive communication and create a more collaborative culture that supports all team members and enables employees to thrive.

She understands high performance, stress and recovery well with her own personal experiences and over 20 years experience working with thousands of clients. She competed as an elite junior athlete, recovered from chronic fatigue syndrome (sleeping 22 hours a day), recovered from a back injury and awakened to the significance of the interconnection of body, and spirit after a relationship breakdown. Eddy's Kundalini awakening inspired her to expand her knowledge on quantum science and importance of meditation, mindfulness and mind programming to expand human potential.

Edwina understands many of the challenges of both small business and larger organisations. She operated her own fitness and health centre for eighteen years before working in various corporate, franchise and government organisations in national operations, training and project management roles.

Eddy continues to consult in health and high performance with her company Your Energy Evolution, which offers mediation consulting, wellness services, executive coaching and staff training. Programs include emotional intelligence assessments and programs on health, resilience, negotiation and leadership.



Eddy has been a guest speaker at national and international conferences and summits internationally and throughout Australia. She has 3 keynote presentations and 3 workshop options that can be mixed and matched and customised for any audience.



RAINFOREST RESILIENCE

HOW DO YOU THRIVE IN A WORLD WHERE CONSTANT CHANGE AND STRESS ARE THE NORM?

Edwina explores the keys to building organisational and personal resilience in the workplace ecosystem. She looks at the science behind workplace stress and reveals how to cultivate a safe work environment and growth mindset where staff thrive rather than survive or burnout. Eddy presents the strategies and tools for building resilience and a supportive culture of collaboration and positive communication in your team.

YOUR AUDIENCE WILL LEARN



... building resilience and a supportive culture of collaboration and positive communication ...

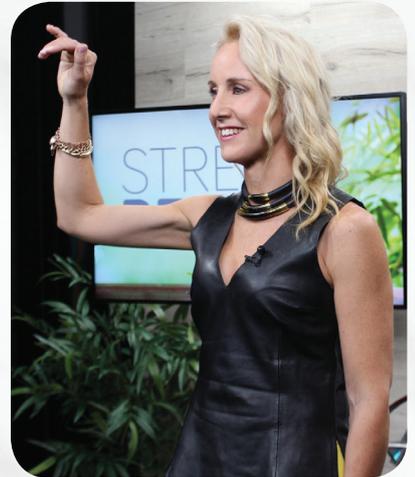


FROM STRESS TO CONNECTION

HOW TO PREVENT BURNOUT AND RECONNECT WITH YOURSELF AND OTHERS

Edwina shares research and proven techniques to manage stress and shift energies into a more productive state. She presents practical strategies to re-balance and centre for a more present connection and techniques to train the brain and improve focus. This session will arm your team with a toolkit to manage stress and be present so they can feel good and perform at their best.

... presents practical strategies to re-balance and centre for a more present connection ... improving focus ...



YOUR AUDIENCE WILL LEARN





NEGOTIATING A BETTER OUTCOME

HOW TO GAIN MORE AGREEMENT AND CO-OPERATION

Edwina shares key techniques and strategies that are essential in any negotiation. This session explores research on persuasion and how to influence the other party's response, the mistakes to avoid and how to shift from conflict towards agreement. Whether you are resolving a workplace dispute or looking to get a better deal, this session will provide your team with the fundamentals for negotiating with confidence.

... explores research on persuasion & how to shift from conflict towards agreement ...



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TESTIMONIALS

"I have known Edwina Griffin for about 10 years and presented at several of the same conferences. Her stand out qualities are the energy, professionalism and diverse experience she brings to her keynotes."

– **DR JOANNA McMILLAN**



"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, personalised and group programs. Her tools and experience are fun, engaging, and I love it!" – **SHELLIE HUNT**

CEO & FOUNDER OF THE WOMEN OF GLOBAL CHANGE SUMMIT LOS ANGELES

"I love the way that Edwina makes the experience a light filled and dynamic session. Eddy is easy to follow and I left with a fresh view on stress management" – Keynote speaker – **AMANDA STEVENS**



"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**





2019 FEES & BOOKING DETAILS

KEYNOTE SPEAKING AND CONFERENCES

1 hour Keynote – \$5000
1 hour Keynote + workshop – \$8500

WORKSHOPS

1/2 day workshops
Over 20 people – \$5000
Under 20 people – \$3500

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 accommodation*



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