

Stop Freaking Out!

Experience the Power of the Present Moment with *the* Expert in Applied Mindfulness

Blowing away all your assumptions about **what** mindfulness is, **how** it works, **who** can do it, and **what** it does for you, your business, your family, and your life, **Kate Sciandra** brings being present into the personal, the practical, and the applicable, while letting every person experience the benefits in their own way.

Story Ideas

- Get the most out of the time and money spent on your vacation
Keep your head and your body BOTH on vacation to avoid ruining your trip
- Keeping it Together When the World is Falling Apart
Learning to be in the present is the key to moving into the future with optimism
- Setting yourself up for a guaranteed better New Year
Quieting your mind for improved calm, focus, and patience for handling stress
- Are you living while distracted? Most people are, but they can change!
Why distracted living is bad for you, and how you can sharpen your focus in five minutes a day.
- Why most companies that are using mindfulness are doing it wrong.
Ways a mindful leadership strategy creates a more effective workplace
- Surviving Your Relatives
Getting through family gatherings without killing each other...and maybe even liking each other

Media Experience

Radio:

"The Ed Tyll Show" National Syndication (regular guest)

"Sharkie's PEP Talk" with Sharkie Hartman

KDPI 88.5FM "Mountain Mantras" with Kathryn Guylay

KFAI 90.3FM, "Health Notes"

"Pivotal Women" with Lauran Star

"Middle Age Can Be Your Best Age" with Roy Richards

"The Michael Dresser Show"

And more

Columns, Blogs, and Articles:

Monthly Column: *Becoming Healing*, The Edge Magazine

Guest Blogger: Pete Herr Success; Learn, Explore, Share

To book Kate, contact her at:

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Kate Sciandra

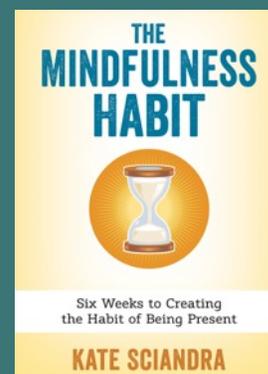
is the **go-to expert** in applied mindfulness. An internationally published author, teacher, consultant, and speaker, Kate is a warm, funny, and purely authentic voice on the subject of paying attention to living.

She draws on her wildly varied life experience, giving her a unique ability to make unexpected connections, turning assumptions about the nature of mindfulness, compassion, and well-being on their heads.

From training of healthcare professionals, to webinars for Project Management Institute, from adolescent volleyball players to attorneys, she's been **teaching for over 20 years.**

"You are a great guest! A real standout. Looking forward to having you back." Victor Fuhrman

"It's always a treat to have Kate on my show; she's fascinating." Kinshasa Kambui, Health Notes



Kate's Book, *The Mindfulness Habit: Six Weeks to Creating the Habit of Being Present*, is available from Llewellyn Worldwide.