



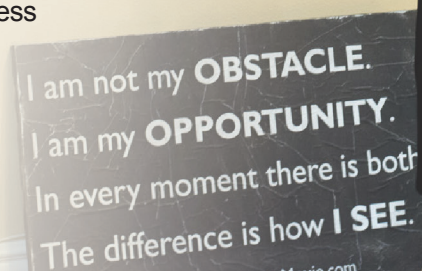
COACH | ART OF BEING MENTOR | SPEAKER

People who have achieved “success” but still aren’t happy will receive perception altering information and actionable tools - walking away with new awareness of how they can become who they truly are when they no longer allow worry, anxiety, fear, anger, and endless thinking to wear them down.

A LEADING AUTHORITY IN THE *transformational* COACHING FIELD,

Edita Atteck is a compassionate voice for the primal human desire to find our “peaceful self.” As human beings, we all have a “peaceful self -” an integral piece of ourselves that is hard to recognize amid the cacophony of mind chatter, emotions, and social conditioning.

Fusing a rich background that includes corporate, academia, cutting edge coaching and extensive personal meditation and mindfulness practice, Edita masterfully creates safe spaces for people who desire to practice being with the spacious peaceful part of themselves (that cannot be understood via intellect alone). Edita’s audiences experience reconnection with new meaning and purpose in their lives.



I am not my **OBSTACLE**.
I am my **OPPORTUNITY**.
In every moment there is both
The difference is how I **SEE**.

“Edita has this magnificent ability to fuse her content expertise with her vast and evocative vocabulary and detailed, heart-expanding storytelling. Her calm, intentional delivery is the perfect match for her subject matter. Everyone who has the pleasure of hearing and learning from Edita expands their toolbox for living a more conscious, mindful life, trusting their inner wisdom and illuminating their purpose. Hire Edita. The world needs her wisdom and tools.”

~ ALEXIA VERNON | PUBLIC SPEAKING + LEADERSHIP SPEAKER, AUTHOR, COACH, TRAINER & MEDIA PERSONALITY, LAS VEGAS, NEVADA

A highly sought after facilitator, Edita has trained with Tony Robbins and Martha Beck. She has extensive practical experience with somatic awareness, meditation, guided imagery, and Eastern spiritual and healing practices. She studied Neuro-Linguistic Programming, and her practice is influenced by Dr. Peter Levine, Dr. Andrew Weil, and Dr. Jon Kabat-Zinn. Edita holds degrees in law and political science. She has completed extensive training in the art and science of TED style speaking, creating a talk designed to expose her ideas and work to a larger audience.

To request Edita Atteck as a facilitator or presenter for your company, conference, professional association or campus, please contact info@editaatteck.com with your booking request.

SPEAKING | WORKSHOP TOPICS

UNDERSTANDING EMOTIONS | With a disarming, compassionate facilitation style, Edita helps participants explore the role emotions play in their lives and in the level of success they are able to achieve.

Edita teaches candidly about why emotions are often misunderstood in today's intellect driven culture and gives participants the space to embrace that emotions are simply energy in motion, an important source of information, and an incredible source of internal drive, power and healing.

Participants gain understanding of how deeply stored limiting beliefs drive their feelings and mood states - and are then able to access more empowerment in their lives. Simple actionable practice tools will aid participants to respect their feeling states (anger, fear, or sadness) and use this emotional energy to become better decision makers and more empathic human beings.

LEARN THE WISDOM OF YOUR BODY | Through an expertly guided kinesthetic experience (a connection to the physical body), participants learn to discern what is true for them - including what they want and don't want in their lives, relationships, careers or businesses.

Participants practice listening to the non-verbal communication of the body rather than defaulting to intellect and conditioning. In so doing, perception is shifted: from the modern approach of listening to the intellect above all else, to accessing millions of years worth of wisdom that our bodies "whisper" every day. People who desire to step into their next level of compassionate leadership (personally or professionally) are particularly suited for this workshop.

GAINING EMPOWERMENT THROUGH MEDITATION MINDFULNESS AND

VISUALIZATION | Participants in this workshop enjoy the gamut of Edita's wisdom, experience, and unique facilitation and teaching style - they walk away empowered when they realize they can detach from their thoughts.

Edita teaches about the four aspects of the psyche: emotions, body, intellect and spirit. Participants are deeply immersed in what it means to be open, aware, and peaceful (no matter what happens on the "outside") as Edita leads them through awareness practices and exercises designed to bring out their innate wisdom. Participants feel empowered and equipped to start a practice designed to reach a state of "whole intelligence" which combines all elements of the psyche; not just logical intelligence.

CREATIVE PROBLEM SOLVING THROUGH CONTEMPLATION, METAPHORS AND

ART | Innovation and creativity are the new currency, and through them it's possible to connect to the spaciousness of our peaceful self.

This workshop helps participants unleash their creative genius by tapping into the potential of all elements of the brain, including mental and emotional wholeness. In so doing, they gain skills that help them approach life's never ending challenges.

Via music, use of metaphorical symbols, and art, participants experience the creative potential within that will allow them to become better leaders, problem solvers, and more compassionate human beings. Participants walk away with a self created work of art - a testament to their ability to create extraordinary things in life.

Each topic can be customized for the audience and presented as a workshop, training, or break out session.

"I recommend Edita without reservation to anyone who seeks help and guidance in "being". Edita is an experienced and gifted life-teacher."

~ DR. ED HUGHES | PROFESSOR EMERITUS,
MCMASTER UNIVERSITY

"Edita is 100% engaging and honest. From the moment we met, she spoke genuinely from the heart. Her voice during meditation practice is soft yet strong and always creative. Edita can read people intuitively and puts us at ease using humour and open vulnerability. Edita is a delightful teacher because she gives guidance in a deep, positive way that effects real and lasting change."

~ ANDI RODGERS | BURLINGTON, ONTARIO

"I am grateful for attending Edita's workshop on Understanding Emotions. Edita is very passionate about what she does. She is well organized, articulate, a strong communicator, and has a warm presence."

~ IAN THOMPSON | GUELPH, ONTARIO

