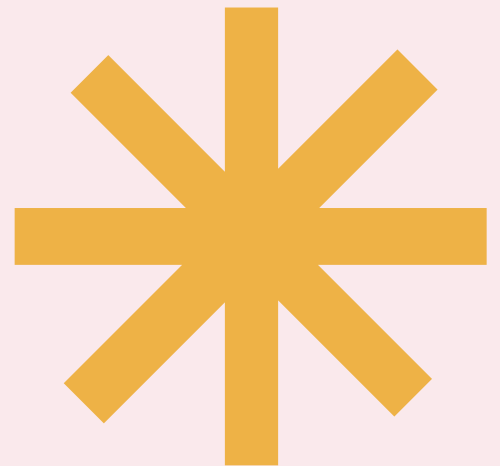




Speaker Page



**Modern Productivity &
Performance Expert**



+1 (509) 836-2932
hello@drkaralarson.com
www.drkaralarson.com

Increase focus
Accelerate timelines
Retain employees
Reduce stress

What Dr. Kara Offers

Dr. Kara Larson leverages her doctoral knowledge of the human mind and body to empower entrepreneurs struggling with work exhaustion and motivation. Dr. Kara designed a system that optimizes your productivity, through mental wellness tools and hacks, and leaves you feeling 50% less stressed at the end of the day. As an international corporate speaker, Dr. Kara has taught professionals how to create efficiency with ease for the past three years. Dr. Kara is a Doctor of Biomedical Engineering as well as a PMP® certified project manager. She holds additional certifications in yoga instruction, health yoga life coaching, and Functional Diagnostic Nutrition®.



Why Hire Me?

McKinsey
& Company



PLURALSIGHT



BROWN



Woodard
& Curran

Dr. Kara is extremely easy to work with and she has 2 main goals.

1) To provide maximum value so that you, the conference coordinator, shine.

2) To give your attendees powerful and actionable content they can immediately apply to cultivate calm in their lives.

What Makes Dr. Kara Unique?

Uses experiential exercises so the audience embodies new techniques as she speaks.

Draws the interest of millennials.

Teaches simple, actionable practices designed for busy lifestyles.



I'm an Expert on These Areas

Productivity & Performance

Emotional Intelligence (EQ)

Business Culture

Mindfulness Health

What People Are Saying...

"I gained a new clarity of mind and lost all anxiety and stress towards the crucial conversations required by my job."

Amber P., Entrepreneur

"Eye-opening, calming and engaging."

Eugenio V., McKinsey Latin America

"The webinar went very well!"

Rory F., Director Grad. Student P.D. WPI

Dr. Kara's Keynotes

Mindfulness for Entrepreneurs

3 Powerful Practices to Relieve Stress

In interactive keynote where you experience different brain breaks in action: breathing techniques (pranayama), meditation, and awareness- building exercises that enable you to build a consistent mindfulness practice that works for you.

Attendees will Learn how to:

- Use pranayama (breathing techniques) to bring focus and calm to meetings
- Use and experience a body scanning technique to support sleep
- Interrupt the automatic and bring awareness to daily habits, so you can exercise your power of choice and eliminate what's not working for you



Get More Done

3 Secrets to Boosting Work Performance

Picture a day when you are bringing in the money and the clients you want and your friends are pulling you aside to ask “How do you have this much energy at the end of your workday?” Find out how to make this day your today.

Attendees will Learn how to:

- Do various brain break exercises
- Utilize the focus & efficiency benefits of brain breaks during their workday to save up to 4.5 hours and reduce stress by up to 50% daily
- Create their own productivity routine and save 20-30 minutes starting daily work sessions



Thank You

Let's Work Together!

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