



VDA Vitality Track

Yin to The Corporate Yang

Your missing ingredient for all expos, summits, events or corporate retreats.

Valerie D'Ambrosio, The Connection Coach, is a Visionary, Storyteller, Writer, Co-founder of Hanuman Festival, and proud founder of The VDA Vitality Track.

VDA Vitality Track was created with the understanding that integrating a higher level of consciousness within a company initiates effective communication, mindful interaction, greater time management, and cohesiveness. It is our mission to support companies in generating greater external productivity by initiating internal vibrant health in order to reach their personal and collective goals.

Corporate Lecture Topics: One hour to full day workshops
(Option for lecture or workshop format for each)

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Conscious Leadership: Tips and tools for experiencing an extraordinary life

Life in general is busy and filled with work, family duties, and other responsibilities that can at times feel down-right overwhelming. Finding contentment in the moment and making time to balance and take care of ourselves amongst all this activity and energy may seem difficult—but it doesn't have to be. In this interactive session about how to consciously design and lead a thriving life, Valerie will provide you with tools and understanding enabling you to take better care of yourself, cultivate greater contentment, and forge conscious connections that you can easily integrate into your daily life. Be prepared for a highly engaging session where you learn from someone who walks the talk and can help teach you ways to thrive fully in your life!

INTERNAL BLOCKS: The Elephant In The Room

External blocks and adversities, such as health challenges and career change, are devastating in their own right. Since they are external, there is sometimes greater acceptance, support and even validation from others as we navigate through them. We can often initiate motivation to create change, albeit painful because we *can* see it.

Internal blocks, including our limiting thoughts, beliefs and and past traumas, are usually invisible or unconscious. They are not as easily accessible, accepted, or even looked at, rather judged and negated by yourself and others. When we cultivate the courage and become aware of our internal and patterned blocks holding us back, we have the opportunity to focus on the *power* and the gifts present within them in order to generate lasting change. Learn tools how to move through these patterns by acknowledging the 'elephant in the room', which ultimately frees us to experience a fully engaged, appreciative and joyful life.

Your Mind Is A Tool

Our brains produce as many as 70,000 thoughts per day. Ninety-five percent of these thoughts are repeated daily and reflect the mindset or beliefs we hold, which most of us aren't aware of. Your mindset in turn governs your actions, which lead to your results in life and in your career. In short, if you have a mindset that limits your potential, then you will likely produce limited results, which can greatly affect your career, as well as other areas of your life. In this seminar we focus on the importance of remembering we are not our minds and develop a greater understanding of how we can reprogram our brains for increased success and happiness.

7 Levels Of Energy

We all vacillate between seven levels of energies throughout the day; lower, more catabolic energy and higher, more anabolic frequencies. Becoming aware of the way in which we move through the world is an important part in our ability to contribute to our work, our families, our community. Learning what is our default is when we are under stress and how to shift to higher levels of energy can be a huge asset in us experiencing greater success in potentially every aspect of our life.

Hitting The Pause Button

Excessive time on the computer screen, sitting at a desk, or pushing through a project without taking time to step away can leave you feeling burnt out, unmotivated, or making mistakes in your work. This lecture is designed to support companies in implementing simple, easy and quick tools to recharge your brain and generate higher quality results.

Making Self-Care a Non-Negotiable

We have all heard while flying, “put your mask on before you put on your child’s.” We are no good to anyone, especially a company, when we are operating from an empty tank or not taking care of our basic needs. In this seminar, we offer a shift of perspective and straightforward tools that can enhance your life and everyone around you, inevitably causing a ripple effect of greater success within the company.

Doing vs Being

Everything is energy and we all embody both masculine and feminine energies. When the polarity of doing and being is imbalanced, it can cause toxic energy within a company, unhappy employees and management, as well as affect overall production of the company. By understanding these energies and implementing them intelligently, there is greater potential for overall effectiveness.

Additional Corporate Lecture Topics

Communication: - Communicate clearly and confidently at every level of the organization – from the boardroom to the water cooler.

Conflict management - Understand and manage conflict constructively, while increasing employee engagement, productivity and retention.

Skill Refinement - Empowering leaders to strengthen their personal leadership style, while developing or refining their skills.

Transitioning into new leadership roles – Learn to quickly digest new information to building strong relationships across organizational boundaries and hit the ground running in a new role.

Increase emotional & social intelligence (EQ) - Learn a range of skill-sets that drive success: Collaboration, how to build trust, influencing skills, managing emotions, resilience and conflict management.

Work-life balance & social intelligence - Develop tools in how to cultivate greater work-life balance, while staying in alignment personally and professionally



Conscious leaders infuse
their organization's
purpose with authenticity
and meaning.

Testimonials:

'I've been working with Val for almost two years now. I would highly recommend Val because of the personal results I've seen. When I first started working with Val, I was always worrying and feeling very stressed and overwhelmed. I sometimes would hold judgment against myself and others. This caused my anger to rise. I was aware of how much this was impacting my professional and personal life, but I wasn't sure how to deal with it and why I couldn't make better progress on my own.

Val's approach helped me to break down those walls. Val has a special skill of helping you to see yourself more clearly. She took her time to get to know what made me tick and what was bothering me. She doesn't tell you what you should do, but asks the right questions to get you to pause and think. She's able to help lead you to a solution that you create and can identify with. She's a conduit that guides you to a better version of yourself.

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Today, due to all the work Val and I have invested in, I worry much less. I don't place judgment on myself and others as often. When I get stressed or start to feel overwhelmed, Val's help me to develop the tools to work through these challenging moments. In addition, my professional and personal relationships have improved, because I better understand myself and when I'm emotionally in a place I don't want to be, I'm able to use these tools to improve and shift my perspective.' **-Mike Ranella-Senior Director, Chief of Staff - Global Cloud Services at SAP Ariba**

'I worked with Val D'Ambrosio as my Conscious Leadership coach for 2017 and 2018. She is absolutely amazing! In a coach I always look for three attributes: honesty (tell me the hard truth so I know how to improve), inspiration (lift me up and help me find a new, better level of performance) and great listening skills. Valerie excels in all three areas. I thoroughly enjoyed working with her and grew personally and professionally from her guidance over the time we worked together. I highly recommend Valerie to anyone looking for an executive coach with the ability to connect with you personally while giving you the tools and coaching to practice Conscious Leadership.' **Philip Beck-SVP, Payments and Financing at SAP Ariba**

'I was really inspired by Valerie's messages. We all seem to run, run, run and work, work, work. Valerie helps us realize that we are a better version of our self when we slow down, take a deep breathe and live in the moment. Many of the wisdom I learned with her I'm practicing in my everyday life.' **Andrew Nathan- President, Victor & Spoils Marketing Agency**

'Having the opportunity to hear Valerie's helpful and healthful messages during her breakout session at Expo West was an fortunate respite that has stayed with me. Thank you New Hope for having the kindness to invite Valerie to provide a deep breath and sense of self in the middle of 75,000 people.' **Kim Fox Johnson-Founder, Wild Matters Productions**

Contact Val directly to set up a Discovery Session to see if Vitality Track is a fit for your business

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