

Rebecca A. Nagy

Speaker ■ Author ■ Workshop Leader ■ Master Meditation Trainer



Combining enthusiasm and humor with an energetic speaking style, Rebecca Nagy has inspired individuals and groups across a wide variety of backgrounds and industries. She embodies a unique ability to entertain, inform and involve audiences. It's an experience that is hard to describe – you need to *feel* it!

Co-Creating and *A Passion for the Possible* are two phrases you will hear consistently in Rebecca's motivational speeches and seminars as she assists audiences in reclaiming their spirits and reviving their souls, relevant to both work experiences and personal lives.

Guided by Einstein's observation – *The problems that exist in the world today cannot be solved by the same level of thinking that created them* – Rebecca emphasizes human capacity to leverage the power of our minds through positive thinking and meditation practices.

Rebecca's own experience with overcoming a spinal injury confirmed her belief in the authentic and transforming power of the body/mind/spirit connection. She discovered that living with a disability was one of the greatest blessings she could have. Talking with hundreds of people, she has shared her inspiring story of realizing it's not how you look – it's how you connect with your spirit! As a result, Rebecca followed her own "passion for the possible", leaving her twenty year career in the fashion business to teach meditation and become a professional speaker.

Today, she integrates business acumen with the power of recapturing your spirit towards shifting the old paradigm of competition to the emerging trend of collaboration, to both individuals and organizations throughout the country.

"We need to think in new directions, to develop new concepts of doing business, leading our country, and educating our children. Our organizations can be revitalized, with judgment, divisiveness and discrimination eradicated once and for all. Our intentions must be more broad-based, not about money and power, but about treating the environment and people with dignity and respect. We want to look with an eye to the future, not just the immediate bottom line. If we use these as our guiding principles in the 21st Century, profit becomes a by-product of a NEW standard of wealth!"

A graduate of The University of North Carolina-Greensboro and Sancta Sophia Seminary, Rebecca's corporate career began in New York with Lord and Taylor. She subsequently rose to successive positions as a National Training Director, Fashion Director, Merchandiser, Designer, and Divisional Private Brands Manager for Jerrell of Texas, Divisions of Federated and May Co. Department Stores, Kmart International, and Belk Stores Services.

Rebecca is the co founder and CEO of The Extra Potential Institute, founder and Executive Director of New Directions Whole Life Center, a member of The National Speakers Association, NSA/Carolinas, The Monroe Institute, and an Instructor at Queen's University, teaching Meditation for Health and Focus, Public Speaking, The Intuitive Edge, Dream Study and Professional Development Courses.

She has been profiled in Today's Charlotte Woman magazine, a featured guest on radio and television talk shows, has published two meditation CDs: "Meditations for Transformation" & "Instant Calm™", and authored numerous articles for magazines and websites.

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