

Rebecca A. Nagy

Inspirational Speaker ➤ Author ➤ Workshop Leader ➤ Meditation Coach

Revitalizing the Spirit of Your Organization

We are living in a time like no other. We are being asked to think in new ways, to devise innovative solutions to unexpected situations that arise in all areas of our lives and work.

We are also encountering stressors we have never had to deal with before. The fast-paced, high-demand, information-driven society we live in calls for accessing a capacity to pull strength from deep within our cores – to find the richness of the spirit – the soul, if you will, that lies at the very center of our being.

Rebecca Nagy has a strong message that is sure to change the very substance and way you — and your most valuable asset, your co-workers and associates — view the world around them.

Drawing on years of experience in the corporate arena, combined with the success of overcoming a crippling spinal injury, Rebecca found confirmation in her belief in the transforming power of the body/mind/spirit connection. Integrating this multi-tiered approach, Rebecca will lead your organization on an engaging journey of discovery, designed to empower your teams – from the inside – out.

You will realize:

- A resurging wealth of passion and creativity that will get you through the most demanding schedules with increased productivity.
- The ability to build teams that shift from the old paradigm of competition to the emerging focus towards collaboration, ethics and values.
- A renewed corporate spirit and awareness that laughter truly IS the best medicine!

We have the power to recharge and ignite our workforce to embrace change by teaching them how to master the most powerful tools of all – their thoughts and spirit!

Rebecca A. Nagy



Keynotes & Topics

Instant Calm™: Energy Management

Using insight from Pavlov, the wisdom of Einstein, and the music of Mozart, Instant Calm™ is a technique kept in the top drawer of every savvy executive's toolbox!

The Final Frontier: Your Unlimited Mind

Exploring the deepest recesses of a mind's power with the latest techniques and technologies to train the brain for realizing unlimited potential ... unlimited possibilities.

Quantum Leaps: Letting Go & Loving It

Learning that problems and roadblocks are opportunities for growth and taking a leap of faith can open a world of new possibilities and exciting new directions.

Take Your Soul Back to Work

Leading you through the process of rediscovering your authenticity and conscious for lasting success and greater retention, creativity, and profits.

A Passion for the Impossible

Learning that what seems insurmountable is merely a matter of finding the spirit within you to take charge and overcome what lies ahead, based on a powerful personal story and techniques.

The Power of Your Word

Learning the power of your word and taking the courageous path of following your moral compass and living with integrity in making life and business decisions.

The Intuitive Edge

Sharing a system for tapping into that intuitive wisdom that everyone possesses through a process of simple techniques and sure-fire tools that can be used immediately.

Benefits You Can Expect

- Improved Productivity
- Conscious Communication
- Clear Vision and Purpose
- More Cohesive Work Groups
- Diminished Anxiety & Stress
- Decreased Health Problems
- Reduced Absenteeism
- Enhanced Creativity
- Resiliency
- Increased Employee Retention

13800 Woody Point Road ▲ Charlotte, NC 28278 ▲ 704-588-4623
rebecca@rebeccanagy.com www.rebeccanagy.com

Testimonials

"Your session was a huge success! People loved the opportunity to focus on themselves! I'm practicing my new meditation skills. Again, thank you for making our conference a success!"

Jill Olmstead, VP, Wachovia Organizational Development

"What a great presentation! So many commented how interesting and helpful your program was for them. That's just what we wanted them to come away with! These are people I KNOW could use your approach to creative problem solving and inner relaxation ... On behalf of my fellow program committee members and our board, thank you so much for making our evening both educational and enjoyable! You're awesome!"

Tobi W. Colbert, Program Director, NACE

"This course has been an amazing experience for me. I feel calmer and more able to cope... This is a wonderful tool."

L. Howard, Queen's University

"Your story is exactly what I needed to hear ... and meditation is something I have needed for a long time. Thank you very much for sharing your story."

C. Michelsen, Michelsen Benefits Group

"WOW" -- what a wonderful presentation! ... Everyone left with a positive outlook and was inspired by your incredible story and message. I can't thank you enough for speaking to our group!"

Jennifer Frings, Public Relations Account Manager
Loeffler Ketchum Mountjoy/WithIT

Clients & Conferences

Beacon Partners

Body Mind Spirit Expo

Carolinas Medical Center

Central Piedmont Community College

Community Culinary School of Charlotte

Life Spectrums Conference

Loeffler Ketchum Mountjoy / WithIT

Mecklenburg County Women's Commission

Mecklenburg County DSS

Microsoft, Inc.

NACE/ National Assn. of Catering Executives

The National Speakers Association

Presbyterian Hospital

Queens University of Charlotte

Southeastern Conference

Spiritual Frontiers Fellowship International

Great Aunt Stella Ctr/Women's Voices Series

The Great Lakes Retreats

The Holistic Nurses Association

The Southern Women's Show

Unity & Unitarian Universalist Churches

Wachovia

WithIT/Women in the Home Industries Today



Rebecca Nagy

Changing Corporate America ~ One Thought at a Time!
Changing the World ~ One Spirit at a Time!

13800 Woody Point Road ▲ Charlotte, NC 28278 ▲ 704-588-4623
rebecca@rebeccanagy.com www.rebeccanagy.com