



*Conference Packages*

BESPOKE  
KEYNOTE  
SPEAKER +  
YOGA

SACRED WITH SUSIE



# INTENTION

To provide your company with a National Conference line-up you'll never forget. To captivate your crowd by bringing the powers of presence, embodiment, vulnerability, and connection to the stage. Bringing wisdom that touches your company's people on multiple levels, inspiring the clearing of limiting beliefs, the breaking beyond the barriers of fear, and allowing personal and collective transformation. My intention is to leave conference attendees deeply reflecting, contemplating, and taking tangible action toward the life they desire within your company beyond their seat in the crowd.



# HOW: THE 3 PILLARS

## 1. **thought-provoking & mindset altering keynote presentation**

Presenting on topics that clear limiting beliefs, break the barriers of fear, and allow personal and collective transformation, provides an unforgettable experience conference attendees will be sharing with their colleagues, friends & family, far beyond the conference.

## 2. **intentional bespoke yoga practice, aligned with the keynote**

Working on the levels beyond the conscious mind, the yoga practice will solidify the wisdom from the keynote presentation into the body, into the subconscious, & into the subtle energetic layers.

## 3. **bespoke take- home tools**

Providing your conference attendees with take-home tools they can use & apply into their daily life, means they receive benefits far beyond the one-off yearly conference.



# POTENTIAL KEYNOTE TOPICS

## MASTER YOUR EMOTIONS, MASTER YOUR LIFE

- How your emotions impact your work, success & relationships
- Emotional regulation, creating safety in the body & learning to self-soothe
- Handling triggers in an empowered way
- Practical take-away tools & techniques: emotional release tools; meditation, mindfulness, & breathwork; exercise & nature

## MENTAL REPROGRAMMING & MINDSET OPTIMISATION

- How your mind is holding you back, identifying core beliefs
- The 5 Steps to Mental Reprogramming
- Breaking through past limiting patterns & becoming the Optimised Self

## MINDFULNESS & PRESENCE; THE TOOLS FOR SUCCESS

- Mental chaos, the stress response & adrenal fatigue - how it's impacting your success
- How mindfulness & presence can double efficiency, productivity & output quality
- Practical, everyday, take-home tools, anyone can do, anywhere

## COMMUNICATE LIKE A GOD(DESS), UP-LEVEL YOUR RELATIONSHIPS

- The real reason you don't get what you want (...you suck at communicating)
- There IS another way! The 6-Step Empowered Compassionate Communication Framework
- Learn to speak up, in an authentic, kind, yet empowered way
- Have your voice heard, your needs and wants met, and create win-win-win outcomes!

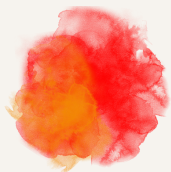
# WHAT IT LOOKS LIKE



You have the option to choose which of the three packages on the following pages suit the aims, themes and intention of your conference the best.



# PACKAGES



## OPTION 1: MULADHARA

1hr bespoke guided yoga practice, suitable for all levels with tailor-created intention to align to your company values & conference theme

Including all production (PA system & microphone)

(mat hire available if required, at an additional cost)

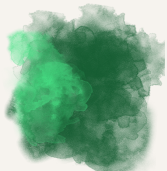
+ travel fee

**price subject to size of conference, please email for a quote**

**email for a quote**



# PACKAGES



## OPTION 2: ANAHATA

1hr bespoke guided yoga practice, suitable for all levels with tailor-created intention to align to your company values & conference theme

Including all production (PA system & microphone)

(mat hire available if required, at an additional cost)

+ travel fee

1hr Keynote Presentation for your conference, integrated with the intention & theme of the yoga practice, aligning to your company values & conference theme (potential Keynote topics to follow)

*special package price*

price subject to size of conference, please email for a quote

[email for a quote](#)



# PACKAGES



## OPTION 3: SAHASRARA

1hr bespoke guided yoga practice, suitable for all levels with tailor-created intention to align to your company values & conference theme

Including all production (PA system & microphone)

(mat hire available if required, at an additional cost)

+ travel fee

1hr Keynote Presentation for your conference, integrated with the intention & theme of the yoga practice, aligning to your company values & conference theme (potential Keynote topics to follow)

Bespoke take-home audio meditation & affirmation bookmark for all conference attendees \$20.00pp

Private 1hr yoga practice including aromatherapy savasana massage for company VIPs

*special package price*

price subject to size of conference, please email for a quote

[email for a quote](#)