

DR. KARA LARSON

**Modern Productivity
& Performance Expert**

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WHAT DR. KARA OFFERS

Dr. Kara Larson is the CEO of CozyMind and 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®. A quirky adventurer, Dr. Kara can be found eating spicy miso ramen in Japan or white water rafting in India.

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

**Want to Access to Effortless Efficiency?
Book Dr. Kara! ✉ hello@cozymind.me ☎ +1 (509) 863-2932**



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

WHY HIRE DR. KARA?

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

- 1) To provide maximum value (online or in-person) 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.

PARTIAL CLIENT LIST



DR. KARA IS AN EXPERT IN THE AREAS OF:

- Productivity & Performance
- Emotional Intelligence (EQ)
- Business Culture
- Mindfulness & Health

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