



# TRISH TUTTON

## Inspirational speaker and Mindfulness expert

“Trish is extremely professional and engaging. She is a natural at speaking, highly knowledgeable and an absolute pleasure to listen to. Wonderful feedback continues to roll in from our employees.”  
- Dana Esquirol, Methanex Corporation, Medicine Hat



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## Keynote Topics

### **Mindful Resilience:**

#### **Create the Mindset to Thrive, No Matter What**

When faced with difficulty - what's the difference between people who succeed, and those that struggle? How do we position ourselves better to not only survive - but THRIVE?

As we slowly surface from a global pandemic - one thing is for sure - this isn't the first challenge you've encountered - and it's definitely not the last. In this experiential keynote, Trish will teach the keys to develop the mindset to thrive, no matter what life throws us.

When your employees thrive, they become a valuable asset, helping you weather any storm that comes your way.

### **The Mindful Advantage: Work Happier (not Harder!)**

Your brain at positive, works significantly better than at negative or stressed. You're more productive, energized and positive. This experiential presentation will teach how to shift our brain to a positive state using data-driven mindfulness techniques. Trish will make sense of mindfulness and teach simple techniques for more energy, productivity and better results at work.

### **The Mindful Advantage: Avoiding Burnout**

We live in an age of burnout. We are overwhelmed and underwhelmed at the same time, and it costs us productivity, motivation and the ability to enjoy our life and work. We can't avoid stress - but, how do we cope? This experiential presentation explores the physiology of burnout and challenges our narrow definition of success that can lead us there. We'll explore several simple and fast mindful techniques to integrate into your day to thrive in an age of burnout.

## About Trish

After years working in cultures where stress and burnout were seemingly the only way to success, Trish suffered a shocking loss and things became clear: stress is unavoidable, but it doesn't have to dictate our lives.

Over a decade of study later, she teaches simple, data-driven mindset and mindfulness techniques that help us live and work happier.

She's on a mission to create calmer, happier, and more effective workplaces and employees.

Trish has studied mindfulness in many capacities.

Some highlights include:

- Registered Meditation and Mindfulness Teacher
- Google's signature program Search Inside Yourself
- Mindfulness Based Stress Reduction via University of Massachusetts
- Science of Well-being via Yale University
- Fundamentals of Coaching - Co-active Coach Training
- Annual multiple-day Mindfulness Meditation Retreats
- 12+ years of personal mindfulness practice



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“Trish taught us effective mindful practices to enhance our focus and rejuvenate us as we moved into the rest of our meetings. She shared simple, practical methods to incorporate mindfulness into our work and life. I would recommend her to any groups who want to increase the focus and energy of their groups.” - Rita LaRose, Shawcor



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## Keynote Topics

### **Calm in the Eye of the Storm: Building Resilience**

There are moments in life when we are challenged - what really defines us, is the way we bounce back from adversity. This experiential presentation will explore three conditions that create enduring resilience, no matter what challenges we face:

Inner Calm, Cognitive and Emotional Resilience.

Participants will learn not only how to experience life's inevitable challenges with more ease, but extract wisdom from them as well.

### **Finding Peace in an Anxious and Distracted World**

In a world that is uncertain and chaotic, peace can feel like it's only possible on a beach, in a glass of wine, or at the spa... and even then our mind is turning over our troubles, worrying our life away with what if's. If we wait until the world is calm to feel peaceful - we'll be waiting forever. In this talk Trish will share practical tools to find peace from the only reliable and enduring place: WITHIN.

### **Innovative State of Mind**

If you've ever heard the words, "But, this is the way we've ALWAYS done it!", you know what it is to lack creativity and be mindLESS. In this state, we can't find creative and truly NEW solutions for our clients. Do you come up with your best ideas when you're overwhelmed or relaxed? This presentation outlines how stress blocks us from creativity, and simple ways to cultivate a calm and creative mind - to serve our clients better as industry leaders. Participants will walk away with simple techniques to have a more innovative state of mind.

## Clients

- Netflix
- Facebook
- Crowe Mackay LLP
- Quickbooks
- Arc'teryx Clothing
- Canadian Red Cross
- Pursuit Collection
- Million Dollar Round Table Conference
- Ontario Non-Profit Housing Association
- Women Presidents Organization
- City of Calgary

### **Other Services:**

#### Custom Yoga Class (20 - 75 mins):

Movement lifts our mood, increases energy AND focus. Gentle stretching and focus practices can help delegates re-energize and de-stress.

#### Meditation Class (15 - 30 mins):

Meditation, like going to the gym for your brain - helps us be more focused, present and less stressed and anxious! This guided practice is appropriate for beginners and experienced meditators and will help participants integrate learnings from the keynote session.

## Videos

[Trish Tutton Keynote Speaker Reel](#)

[Trish Tutton Demo Reel](#)