

ELI WALKER



GET OVER YOURSELF | ENGAGE COMMUNITY | CULTIVATE BELONGING

SPEAKER BIO

Hi! I'm Eli - founder and author of the internationally-acclaimed company Drunk Yoga®, performance artist and community wellness expert. With a BFA from NYU's Tisch School of the Arts, I've used my knowledge of experimental theater and mindfulness practices to help institutions like NYU & Columbia University, as well as Barclay's, Ebay, Intel, Google, Pinterest and Mastercard build stronger, more engaged communities. Through my interactive wellness experiences and talks that spark (ahem, provoke) radical belonging, I inspire leaders to have more fun, do more good, and of course, "get over themselves" so they can better connect with their people.



"Eli led a talk & wellness experience for our female mastermind community and it was unlike anything we have experienced before. The levels of engagement, collaboration, fun, and camaraderie were off the charts! Eli has a magical way of bringing people together that feels authentic and nurturing for community building."

- Jaclynn Brennan,
Co-Founder, FyI

STREET CRED.

TimeOut
New York

CBS

REFINERY29

NEW YORK POST

Forbes

GLAMOUR

ELLE

International
Business
Times

KEYNOTES

Learn and get inspired.

My signature talk, "**The Art of Getting Over Yourself**" is an outrageously entertaining facilitated keynote that demystifies that concept of "belonging," inspiring leaders to build community with more ease and playfulness from an approach they can actually control: their choices.

WORKSHOPS

Put it into action.

Using my proven "P.L.A.Y." method - (because who doesn't love a good acronym?) - my interactive workshop, "**The Power of P.L.A.Y.**" gives community facilitators the opportunity to put "the art of getting over themselves" into practice with tools to create more engaging gatherings that spark belonging for their people.

WELLNESS EXPERIENCES

Experience it for yourself.

As the founder of the original Drunk Yoga® experience, I'm the world's leading expert in curating immersive, social wellness experiences designed to foster camaraderie through play, icebreakers & games, while artfully cultivating a sense of belonging for the individual using yoga & meditation practices.

LINK TO SIZZLE REEL



KEY TAKEAWAYS

- **The Tools:** 50+ tangible techniques for leaders to easily and economically implement in their organization to build camaraderie and spark lasting connection
- **The Perspective:** A new approach to engaging community for the long run; Hint: Forget about "community"
- **The Framework:** 7-step repeatable method to creating and executing more fun, inclusive and engaging gatherings