



# SAM KABERT

KEYNOTE SPEAKER, BREATHWORK FACILITATOR, AND 2X BESTSELLING AUTHOR



Sam Kabert is a seasoned serial entrepreneur with accolades including being named to **Silicon Valley's "40 Under 40"** list as well as a **"Rising Star"** in the promotional products industry.

Despite his notable achievements, he sensed a lack of fulfillment, prompting a journey inward. This exploration has propelled his mission to inspire and empower individuals to enhance their mental well-being through practical approaches such as breathwork and reprogramming limiting beliefs, as outlined in his #1 Bestselling book, **"SOUL/Life Balance."** Sam seamlessly bridges the realms of business, mindfulness, and communication, emphasizing the importance of psychological safety and mental health for both personal and professional excellence. For event planners seeking an inspirational conference speaker for transformation, Sam Kabert is the ideal choice.

## TOPICS SAM SPEAKS ON

- Mental Health in the Workplace through SOUL/Life Balance
- Breathwork Practices to be more Present & Relieve Anxiety & Stress
- Reprogramming Subconscious Limiting Beliefs
- Mindful Leadership & Peaceful Workplace Communication

## HOW TO WORK WITH SAM

1. KEYNOTE PRESENTATIONS
2. BREATHWORK JOURNEY EXPERIENCES
3. COACHING + CONSULTING



SAM KABERT

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