



# Elysia Skye

Mindfulness Consultant | Intuitive Business Coach

Elysia motivates, inspires, and mentors heart-centered high achievers to fully live in their purpose, without burnout or self-judgement.

She coaches team leaders through difficult changes that often result in burnout and overwhelm, including (but not limited to) restructuring, loss of jobs, personal trauma, state mandated policy updates, and global events beyond our control.

Elysia has spoken at and produced content for millions of people around the globe.





When we practice moment by moment mindfulness we learn that we are safe to create, safe to speak up, and safe to pivot. This feeling of safety fixes the desire to be "the lifesaver", and instead gives us the strength to be "the lighthouse." As a lighthouse we stand tall, shine our own light, illuminate the path for others, and lead by example with strength and compassion. - Elysia Skye

## "HOW TO" TOPICS

- ✓ Use Your Intuition for Business Success
- ✓ Reduce Stress with Mindfulness
- ✓ Overcome Your Fear of Sales
- ✓ Increase Productivity AND Happiness
- ✓ Create From Your Zone of Genius
- ✓ Trust Yourself and Make Stronger Choices
- ✓ Use Mindfulness in Recruiting and Team Building

## LET'S CONNECT!

Reach out anytime to inquire about availability for your event, show or media outlet.

-  sherryfrazierpre@aol.com
-  elysia@thebrillancemethod.com
-  thebrillancemethod.com
-  elysiaskye

 133K social media followers

 5K email subscribers

