



SPEAKER PROFILE

Kelley Black is a former Advertising Executive turned Licensed NAAM Yoga Therapist, Universal Kabbalist and Harmonyum Practitioner. She is also certified in Kundalini Yoga and Classical Pilates. Her expertise lies in helping her clients reduce stress, achieve optimal health and achieve their personal/professional goals from a place of equilibrium.

Kelley is frequently called upon to lend her expertise (work/life balance, resilience, self healing & stress reduction) to major print and broadcast media including, most recently, ABC News Now, Huffington Post, Wallet Pop and Pink Magazine, among others. An accomplished keynote speaker and workshop facilitator, she recently spoke at the Working Mother Media Work/Life Balance Congress New York City, SIG/HRNY. Kelley will lead a women's retreat at Omega Institute spring 2010 and address the members of the Healthcare Women's Association spring 2010.

Kelley is a co-author of *Women on Fire* with Debbie Phillips. Kelley is continually inspired by the ability of the teachings to rapidly transform the performance of individuals and organizations regardless of the challenges they face.

Kelley is a member of the International Harmonyum Association, International NAAM Yoga Association and is an Affiliate Member of the NAAM Biomedical Association. She lives in New York City with her husband Andrew.

Topics:

- Shakti Power: The Power of Women to Heal Themselves and the World
- Stress and the Brain
- Resilient Leadership
- Grace Under Fire: The Power and Potential of an Open Heart
- Neurogenesis: Accessing Flow States, Projective, Protective and Intuitional Intelligence
- Understanding & Rebooting Your Individual Software
- The Power of the Word: Win/Win Communication
- Mantra, Brain Chemistry & Overcoming Negative Patterns
- Balance, the Autonomous Nervous System (ANS), & Optimal Health



KELLEY BLACK - BIOGRAPHY

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Having lead global product launches for multi-national companies Pfizer, Inc., Novartis, Warner Lambert, Wyeth Ayerst, Johnson and Johnson, Hoffmann-La Roche, Sanofi-Aventis and Loreal, Kelley learned first hand that poorly managed stress was at the root of many disease states, lost productivity and general unhappiness. While externally successful, Black spent many years battling high stress levels with little benefit from traditional approaches to stress reduction. In 2002, Kelley left her career as a advertising and marketing communications executive to pursue her own mental, emotional, spiritual and physical healing. She was successful in her quest for a better life, achieving levels of personal and professional growth she previously hadn't thought possible. Kelley now dedicates her life to helping others achieve the same through her program, Balancing the Executive Life™, a NAAM Yoga based coaching and consulting practice.

Empirically tested, NAAM is a multi-level methodology that gives people the edge in all aspects of their lives. It provides the tools to neutralize negative karmic influences and the body of pain (the root cause of negative patterns of human behavior), resulting in unparalleled levels of self-healing and self-mastery. Time after time, NAAM has been shown to eradicate many stress symptoms. As a result it is being embraced by the medical community including, Zina Kroner, MD founder of Advanced Medicine of NY, St Vincents Hospital, NYC, Sloan-Kettering, NYC and top neuroscientists/integrative medicine experts worldwide. Simply put, Balancing the Executive Life™ succeeds because its foundation in NAAM provides people with the means to reboot their entire systems including brain function, glandular, nervous and circulatory systems and neutralize negative, self-limiting behavioral patterns. Moreover, it provides a practical means of working with the unseen energetic forces that rule all of our lives.

Kelley's clients include executives from an impressive roster of diverse industries, including: Calvin Klein, Credit Suisse, Conde Nast, Warner Entertainment, Prudential Douglas Elliman, Northwestern Mutual Financial Network, Pfizer, Visiting Nurses Service of New York, Pepsico, Booz Allen Hamilton and Microsoft in addition to Key Opinion Leaders (KOLs) from a variety of medical specialties. She is also a keynote speaker and trainer for many of the organizations listed above.

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