



**Liz Eustace**

***Areas of Expertise:***

- Mental Health
- Career Counselling or Support
- Mindfulness
- Mediation
- Coaching
- Leadership and Executive

I approach health and wellness in a wholistic way - as a coach, meditation facilitator, yoga teacher and former CEO of an award-winning communications firm based in New York City, people living their best lives is my passion. Each and every one of my experiences goes into presenting the work. My goal for each session is to make the content accessible and have it be impactful and leave the room a little lighter and more informed than when I started.

I cut my teeth professionally building the brand lululemon in the Northeast USA and opened over 25 stores in five years. What I learned through that work is that communication, connection and a sense of purpose is critical in any work place. People often need the tools to support their development - this is why I love this work. It's in the 'a-ha' moments.

Because I've also been a CEO of a company, I bring a tremendous depth to the work in understanding cross-functional roles and business KPIs.

AND - meditation and mindfulness is what I feel really moves the needle when working with people so any opportunity to integrate this work into seminars is truly a gift.