

KEYNOTE SPEAKER

SABINA VITACCA

DRIVING *Success*
THROUGH
MINDFULNESS

SPEAKER

INDIVIDUAL & TEAM COACH
WORKSHOP FACILITATOR

WWW.SABINAVITACCA.COM





“Sabina is a highly engaging presenter who we have partnered with for more than two years to increase awareness about the benefits and impact of mindfulness and meditation in personal and professional life.”

- Stephen Whittaker,

Health and Wellbeing Coordinator,
Royal Melbourne Hospital



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[sabinamindfulnessconsultant](#)   



Do you want to join the ranks of large corporates who have introduced a well-rounded mindfulness practice and meditation habit to enhance focus and increase productivity across their teams?

If so, do you need a speaker who is not only engaging and relatable but also has valuable knowledge about mindfulness derived from years of proven experience?




Meet Sabina Vitacca.

Known for captivating her audience and delivering actionable learnings, Sabina's natural charm and effusive style helps her audience to relax and consider how to think and act in a more liberated and productive way.



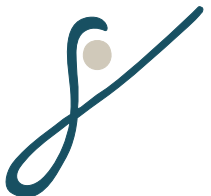
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With over 10 years' experience helping busy professionals become more present in their day-to-day life through workshops and one-on-one programs, Sabina is able to implement tried-and-tested, world class practices to help individuals overcome feelings of stress, overwhelm and lack of focus in the workplace.

Through her 1:1 Corporate Mindfulness model, Sabina teaches how to bring mindfulness and meditation practices into the daily work and home life, helping both individuals and organisations transform their unproductive habits, thought patterns and behaviours.



Sabina is an accomplished speaker and mindfulness coach successfully running her business 'Sabina Vitacca' and her program Meditate Now.

Featured in several publications, including Women's Health and Fitness magazine, Sabina is recognised as an engaging speaker, presenter and highly knowledgeable educator and

is known as **'The personal trainer for the mind.'**

Contact Sabina at: sabina@meditatenow.com.au

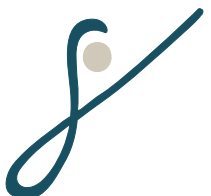
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"I have had the pleasure of working with Sabina a number of times. Each time we work together I'm blown away by the depth of her knowledge and her commitment to the work. She is such a joy to work with and to learn from. You leave the room knowing you've been in good hands."

Kim Koop

Kim Koop Coaching, Facilitation and Consulting

AREAS OF EXPERTISE:

Mindful Leadership Training | Improving leadership capabilities by developing better interpersonal skills, engagement with co-workers, emotional intelligence and ability for problem-solving under pressure.

Change Management Support | Empowering employees with skills to manage perception, attitude and response in the face of inevitable or inherently stressful times of change.

Conflict Resolution | Working alongside a Mediator to offer conflict resolution and mindfulness to support ongoing discussions. Mindfulness helps to create awareness and mindful communication, while mediation provides techniques for conflict resolution – helping teams to build a healthy and cohesive workplace.

Resilience training | Empowering employees to handle the high-pressure demands in work and personal life and become resilient in the face of challenges experienced in work and home life.

Professional Development | Supporting professionals reach career and personal goals through personalised mindfulness strategies and tools.



KEYNOTE No1

BUILDING *mindful* RESILIENCE

'Building Mindful Resilience' is Sabina's keynote which talks about how meditation and mindfulness can help you achieve greater balance for optimum mental and physical health.

Sabina's energetic, yet thought provoking keynote shares some personal experiences about how mindfulness and meditation have helped in challenging business and personal situations. We live in an age of 'busyness' where we've almost forgotten how to take a step back, surrender to the situation and reassess. Sabina talks through some simple techniques and tools, even those new to mindfulness can apply to everyday situations, to help manage and prevent stress from impacting both mental and physical health.



Sabina will guide you through understanding the causes and triggers of stress and how to manage ahead through mindful planning to help cope with daily pressures.

Sabina will give you a tantalising taster into acquiring a calmer, more accepting mindset, and an eagerness to explore the many benefits to mindfulness and meditation.



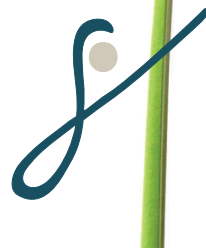
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KEYNOTE No2

COACHING YOUR MIND TO *success*



'Coaching your mind to success' is Sabina's keynote which talks about how meditation and mindfulness can quite literally change your life.

Sharing some deeply personal stories, Sabina brings to life how practicing mindfulness through tried and tested techniques can help free us of deep-set beliefs holding us back and engages our brains in new ways of thinking and being.

We live in a fast paced, digital age. Many are juggling holding down successful careers, families, study and social lives and consequently can feel overwhelmed, frustrated and unfulfilled. This keynote offered by Sabina excels at showing how professionals and someone just like you, can live your best life. How you can be more productive at work, improve your interpersonal skills and approach challenges and opportunities in new ways.

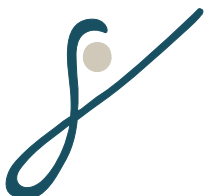
Sabina will leave you walking away feeling transformed, fresher and somehow lighter, with a thirst for change and more information on her individual coaching programs.



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HELPING SOMEONE JUST LIKE *you*

Sabina teaches actionable tools and skills to increase awareness about the benefits of mindfulness and meditation.



Frequent challenges Sabina responds to are:

- We need **assistance to improve** our leadership team's capabilities and how we engage more mindfully with our teams.
- We're looking for help to **better manage our stress** as both a team and as individuals to help us succeed in our careers.
- How do we become better able to **manage change** within our organisation using mindfulness and meditation as tools to improve the way we work?
- In today's busy world, we want to bring **greater cohesion** into our lives to help individuals in our teams better negotiate the fine balance between work and home lives.
- Many employees aren't sure how to pro-actively **transform their own unproductive habits** or behaviours – we'd like to change this to bolster greater productivity in the workplace.
- We all know that 'something' needs to change to **stop feeling overwhelmed**, permanently busy and stressed, but we're not sure what.

WATCH VIDEO

TO BOOK SABINA FOR YOUR NEXT EVENT

CONTACT

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Meditation

is about being rather than doing

"Sabina is an excellent educator and professional facilitator.

As a newbie to mindfulness I was well rewarded with Sabina's excellent knowledge and skills."

Anthony Taylor

Director
Design Post

"Sabina's unique ability to explain mindfulness within a business context positively influenced my thinking, and most importantly, my actions immediately after the session."

Natalie Wright-Boy

General Manager | Human Resources
Mind Australia Development

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SABINA HAS WORKED WITH



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