

CYNTHIA ACKRILL, MD, PCC, FAIS

STRATEGIES FOR THRIVING

IT'S BEYOND TIME FOR A NEW APPROACH TO STRESS!



We have been "doing stress" all wrong for too long! We've whined about it, swept it under the carpet, or worn it as a badge of honor, all while it continues to steal our health, happiness, brilliance, and resilience, not to mention our productivity and \$600 billion in profits.

Stress is part of life. And although we can make choices to markedly reduce it, the more we learn how to find our power in the face of it, the less toxic it becomes.

The good news: humans are amazingly adaptable and tiny changes can add up to huge results. Join me to learn how to become Stress-Smart, Stress-Strong, and Stress-Wise!

GIVE YOUR AUDIENCE THE GIFT OF POWER TO CHANGE THEIR LIVES!

KEYNOTES, WORKSHOPS, ONLINE TRAININGS,
RETREATS, AND FACILITATION

highly customized and designed with the brain in mind to actively engage participants and leave them feeling cared for, heard, inspired, empowered, and smiling!

POPULAR TOPICS

Stress-Smart Stress-Strong Stress-Wise Series

Boost your brilliance and resilience

Creating meaning—the ultimate stress antidote

Self-care isn't selfish--It's leadership

Self-care isn't as hard as it looks

Making peace with your inner critic

3 Tools to decrease stress now

Brain-friendly meetings

Keeping the Ahhh of spa between visits



"Now, more than ever, you need science-based, real-life strategies to emerge from this challenging time smarter, stronger, and wiser..."

ABOUT CINDI

Cindi has been described as the "real deal," a leader in the field of stress management. She aptly blends her unique background in medicine, neuropsychology, wellness and leadership coaching to create experiences that help participants and clients connect to their best selves. www.cynthiaackrill.com





Besides the fact that she's funny? Cindi...

- distills complex science into pragmatic, real-life solutions and tools to use today
- is adept at sparking connections and insights
- is a veteran of burnout-"she gets it" and is passionate about keeping others off the path
- enjoys customizing events to unique challenges of group
- connects well with a wide range of audiences
- is described as a "delight to work with and learn from"

TESTIMONIALS

I really enjoyed the workshop/presentation and I loved watching it again. I thought it was great and full of so much information and Cindi was natural, honest, and caring- It came through... – Cari Stein, President and Executive Producer at PBS' To the Contrary

It's obvious that you are a seasoned presenter. and it comes naturally. You make great connections with the audience over Zoom. It's a fabulous introduction to stress and what it does to our brains and bodies. I loved your slides...Looking back a second time, I was amazed at the amount of info you packed in one hour AND made it interesting. ---Michele T.

You remain a bright spot of one of the most challenging times in my professional career, perhaps even life...
- Martha B., MD, MBA

I wanted you to know that I absolutely LOVED your presentation! It was full of so much interesting information. I honestly could have listened to and learned from you for hours.

---Kelly P, Senior Business Analyst

Dr. Ackrill is an articulate and impassioned speaker who offers clear, useful and insightful information. Her humor and candor creates a relaxed learning environment in which comprehensive information can be discussed and absorbed. I plan to refer clients to her in the future.
-Denise Anthes, RN, BSN, MBA, ThD

CLIENTS INCLUDE



A BIT MORE ABOUT CINDI

A graduate of Duke University and U of MD School of Medicine, early on, Cindi became fascinated by the role of the mind and behavior choice in creating well-being. She serves as faculty in coaching schools, coaches select leaders, consults and trains, and helps design retreats and wellness experiences. Cindi serves on the board of the American Institute of Stress and edits their Contentment magazine. She also contributes widely to media, including CNN, Katie Couric, Health.com, Oprah, Washington Post, Day Spa, and more.

Questions? Please reach out! I love to brainstorm how to create a transformative experience!

cindi@cynthiaackrill.com

www.cynthiaackrill.com

828-777-9730