

SPEAKER & FACILITATOR

# Wendy Cooper

Get your audience out of their heads and into their bodies.

Keynotes

Workshops

Full-Day

Experiential

30+

Years in Wellness

5

Corporate Contracts

MS

Cardiac Rehabilitation

MS

Yoga Therapy

## ABOUT WENDY

Wendy Cooper works at the intersection of movement, nervous-system health and meaningful connection. With more than 30 years in corporate wellness, studio ownership and somatic practice, she brings embodied leadership into rooms that are usually all talk and no body. Her clients have secured contracts with brands including Tiffany & Co. and New York Life. She is the founder of Wendy Cooper Wellness and creator of The MOVEMENT, an embodied leadership collective for CEOs and founders in Indianapolis.

## The Calmest Person in the Room Wins

KEYNOTE | 60-90 MINUTES

Why the most effective leaders are not the loudest, the busiest, or the most productive. They are the most regulated. This keynote introduces nervous-system literacy as a leadership skill and gives audiences practical, embodied tools they can use the same day. Expect movement, not just slides.

01

## We No Longer Move to Burn. We Move to Feel.

KEYNOTE OR WORKSHOP | 60 MIN TO HALF-DAY

A paradigm shift on wellness at work. Why corporate wellbeing programs fail, what actually drives participation and behavior change, and how to build strategies people genuinely engage with. Grounded in 30 years of designing programs that work.

02

## Embodied Leadership

WORKSHOP OR FULL-DAY FACILITATION

A hands-on session for leadership teams that weaves movement, breathwork, somatic practices and guided conversation into the workday. Participants leave with regulation tools, deeper peer connection, and a fundamentally different experience of leadership.

03

## Unplugged: The Case for Phone-Free Connection

KEYNOTE OR EXPERIENTIAL | 60-90 MINUTES

We are more connected than ever and lonelier than ever. This session makes the case for intentional, phone-free spaces and then creates one in the room. Part talk, part experience. Ideal for conferences, community events, and organizations.

04

### Movement in Every Session

Your audience will not just listen. They will move, breathe, and experience the content in their body.

### Applied Neuroscience

Not motivational speaking. Nervous-system regulation and embodiment grounded in 30 years of practice and a Master's degree.

### Bespoke Design

Every keynote and workshop is designed around your audience, your event, and your goals. No off-the-shelf decks.

### Corporate Credibility

Clients have secured contracts with Tiffany & Co. and New York Life. Three decades inside the corporate wellness room.

#### FORMATS AVAILABLE

60'

Keynote

60-90 min

1/2 Day

Workshop

Half-day

Full Day

Facilitation

6-8 hours

Flex

Experiential

Flexible

#### CREDENTIALS

MS Cardiac Rehabilitation

MS Yoga Therapy

30+ Years in Corporate Wellness

Studio Owner & Operator

Creator of The MOVEment

Clients with Tiffany & Co. and New York Life

## Ready to bring Wendy to your event?

wendy@wendycooperwellness.com

wendycooperwellness.com/speaking-facilitation

Carmel, Indiana