

Aimee Bernstein's Keynote Speeches and Presentations

Over the last thirty-five years Aimee Bernstein has delivered speeches to thousands of people in corporations, non-profit organizations, women's conferences, and professional associations. She passionately articulates her message through stories and illustrates through her body the key elements of her mindfulness-in-action work.

As a former professional singer (who performed with Lionel Hampton and was part of a front act rock group for such notables as Crosby, Stills & Nash, and spiritual guru, Ram Dass,) Ms. Bernstein is very comfortable speaking in front of thousands of people. She easily develops rapport with her audience and keeps them captivated.

Aimee speaks on the following topics:

- **Stop *FIGHTNG* Pressure and Learn to USE It: *A Mindfulness-in-ACTION Approach***
- **Riding the Wave of Change: *The Smart Way to Move Through Transitions***
- **Refining the Gold: *Create Your Collaborative Dream Team***

**** Don't see the topic that you are looking for? Ask Aimee to design a presentation based on your particular need.***

Testimonials

- "Thank you Aimee for wowing the attendees at our 7th Annual OD Conference with your dynamic presentation, "Stop Fighting Pressure and Learn to Use it". Everyone loved your energy, enthusiasm and appreciated your expertise in this arena. Using positive energy in order to reduce stress and to empower ourselves, was a big AHA for many. The tools and techniques are practical with clear application to everyday work and "Life".

Dr. Nancy Zentis, CEO Institute of Organization Development

- "The presentation was fantastic! The presenter's topic was indicative of her presentation and not misleading. She involved the audience and shared personal experiences. It was the best of my three sessions today. Have her come back next year ."

Audience feedback regarding my speech "Riding the Wave of Change" at South Florida Women's Business Conference

- "Thank you for an amazing presentation yesterday. I am so impressed that you got each and every one of us to experience centeredness in such a meaningful way. I look forward to integrating these practices in my work."

Patty Gallagher, NJ Organization Development Network participant

- "Aimee's entertaining style and in-depth approach kept attendees highly interested and engaged. I liked her presentation so much I referred her to Human Resources directors from other Ritz Carlton Hotels"

*Melanie Marks-Ginsburg, Human Resource Director
The Ritz Carlton, West Palm Beach, Florida*

- "Thank you so much for coming on the show. The segment turned out great. We're definitely interested in having you come on the show again."

Stephanie Craig, Producer CBS 12, Trending at 9:00

- "Thanks again for an outstanding presentation. I have never received so many comments of 'great presentation!'"

Wendy Friswell, Executive Director of The Spirit of Giving Network

- "Aimee's presentation which included Mindfulness-in -Action exercises ,helped our leadership team maximize our working sessions as we were able to engage, contribute and innovate in a more cohesive and sustainable way."

Marcelo Fumasoni, V.P. Human Resources, Novartis Latin America

- "You were AWESOME today—so clear, concise and informative—loved the PowerPoint slides too—just charming!"

Karen Krumholtz, Schmidt Foundation "

- "Aimee has the ability to hold an audience and to stimulate their creative thinking while encouraging them to feel comfortable expressing themselves. Many who attended her class felt it was a life-changing event for them. After taking her course myself, I agree with the students that she is one of the best instructors I have ever had and hired."

Tari Grigsby, Director of Life Long Learning, Florida Atlantic University

- "It truly was a pleasure meeting you and experiencing the wonderful keynote speech and workshop you did with our group. We are truly grateful. The timing couldn't have been better. You, better than anyone, knows this time of year can be very stressful."

Bob Spriggs, CEO, Vector Construction

Email Aimee at Aimee@OpenMindAdventures.com to schedule a free consultation to discuss your need for a speaker.