

When your people thrive, your business thrives.



Lindsay Coward

Speaker, Team Development Specialist

Lindsay Coward, Master of Public Health, is a leading voice in workplace wellbeing and stress resiliency. With a unique blend of academic expertise and lived experience—as an entrepreneur, former corporate employee, and mama of three—Lindsay understands the demands of modern work life. She equips teams with practical, science-backed tools that build resilience, restore calm, and elevate performance—so that professionals can show up with capacity in all aspects of life. Lindsay is based in Asheville, NC and open to travel across the United States.

Topics for Team Building, Staff Meetings, Business Events and Conferences.

- ✓ **From Reactive to Regulated:** Navigating Work Stress with Nervous System Intelligence and Resiliency
- ✓ **Every Day Wellness:** Cultivate an Environment for Achieving Big Goals - Physically, Mentally, Emotionally - with this Results-Driven Workshop
- ✓ **Power Up Your Workday:** Exclusive Tools for Enhanced Connection, Productivity, and Focus
- ✓ **Weathering the Storm:** Showing Up with Capacity Amid Times of Change (keynote)

LET'S CONNECT!

✉ yogilindsayce@gmail.com

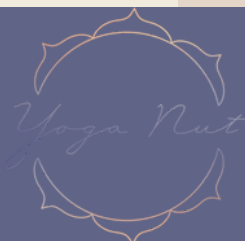
🌐 www.yoga-nut.com

🔗 www.linkedin.com/

SEEN AND HEARD ON:

WLOS News
Channel 13

ENVOY GUIDE
MAGAZINE



Entrepreneurs
Gone Wild

MATT MITTAN
SHOW