



DR. RENEE EXELBERT
PSYCHOLOGIST & ELITE PERSONAL TRAINER

How to Leverage the Mind-Body Connection to Overcome Adversity and Achieve Your Goals

We can all learn how to harness the powerful connection between our minds and bodies to overcome adversity and move toward goals with greater focus, resilience and purpose. By tapping into tools like Visual Emotional Kinetics® — the integration of positive thoughts, visualizations and movement, we can see how the body can become a catalyst for change—not just reacting to life's challenges, but actively shaping our response to them and creating the future we envision.

What you can expect:

Renee doesn't just talk about overcoming adversity, she has lived it. Through her experience as a two-time breast cancer survivor and two-time skin cancer survivor, Renee explores how she found empowerment through bodybuilding, positive thoughts and visualization, eventually founding an integrative theory that helped her cope and thrive. Renee shares personally gained insights about the ways that the mind and body impact one another. Through leveraging this mind-body connection, Renee shares how we can each reclaim control, while learning to build our resiliency muscle.

Who can benefit from this keynote:

- Organizations going through challenges or transformational journeys who want to assist their people become more adaptable and resilient
- Individuals who have experienced trauma or adversity who are looking to learn strategies to overcome and evolve

What will the audience take away?

- Participants will learn how they each possess a powerful untapped resource that can dramatically enhance their lives
- Participants will walk away learning how they, too, can use Visual-Emotional Kinetics (c) to overcome adversity and optimize goals and performance
- They will learn how our minds and bodies are truly connected, and understand ways that we can dramatically shift our mental and physical experience to be more positive