

Elaine Pasqua, CSP

Keynote Speaker & Corporate Wellness Trainer

Member National Speakers Association. Certified Speaking Professional. Certified Virtual Presenter

SIGNATURE PROGRAM

Happy. Healthy. Present.

Crushing It at Work

Transforming teams into high-performers through sustainable health, resilience, and peak performance

$226 billion lost annually by U.S. employers to absenteeism	**90% of employers** see a strong link between wellness initiatives and productivity

People are the foundation of your business. When employees thrive, you thrive!

WHAT ATTENDEES WALK AWAY WITH

- Increased performance and productivity
- A practical, holistic approach to well-being
- Tools to build resilience and navigate change
- Higher morale and stronger engagement
- Strategies to combat burnout before it starts
- Easy, sustainable habits that create real change
- Better energy and focus throughout the workday
- A boost to retention and employee satisfaction

PROGRAM FORMATS

Keynote:

45-60 minutes

High-energy session for conferences & staff events

Workshop & Breakouts:

One hour to half day

Training for teams building lasting wellness

Virtual & Hybrid

One hour to half day

eSpeakers Certified Virtual Presenter, equipped for remote and hybrid audiences.

OTHER HIGHLY INTERACTIVE PROGRAMS OFFERED:

- *Elevating Workplace Productivity through Effective Communication and Respect*
- *Discovering the Resilience Within You*

Elaine Pasqua

SPEAKER | TRAINER | AUTHOR



Elaine Pasqua, CSP is a nationally recognized keynote speaker and trainer. Drawing on more than three decades of experience, she helps organizations foster well-being, healthy relationships, and high-performance cultures to achieve success. Through her dynamic and transformative programs, she's partnered with 32 teams across the NFL, NBA, and MLB, hundreds of businesses, corporations, associations, universities, and our military leaders, to create lasting changes in workplace environments. Elaine has a firsthand understanding of what it takes to build high performers under real pressure and has transformed thousands nationwide.

Ready to bring this program to your event? Let's talk!

www.elainepasqua.com **215 630-7400** **elaine@elainepasqua.com**

"I am still so energized from our event. ...I just wrapped up a meeting and we took the stairs...officially inspired by Elaine P!"

Elaine Leies MPI Philadelphia

"My goals coming out of this program were way different than they were going in."

Jonathan Kammerer
Ferrell Gas

"I'm down 32 pounds and feeling great. My dry skin issues I've had most of my adult life have vanished. Thanks for being the inspiration for positive health improvements."

Norm Cupples 21st Century Energy Group

Elaine has worked with these notable organizations and sports teams