



# Pema Sherpa

Keynote Speaker | Corporate Trainer | Business Owner



## AMPLIFYING PERFORMANCE WITH MINDFULNESS

Born and raised in Nepal, Pema has been practicing and training in mindfulness for over two decades. Having earned her Master's from Harvard University, studying mind-body relationship, she founded Pema Solutions to help companies and their employees boost productivity, increase performance, and foster inclusion. She is passionate about teaching mindfulness practice without stripping away its robust philosophical and scientific implications while keeping it relevant and accessible. Over the last few years, she's been hired around the world to deliver talks on mindfulness and diversity & inclusion.

### A FEW OF PEMA'S CLIENTS



## SIGNATURE TOPICS

- ✓ Meditation for High Performance
- ✓ Master Sleep with Mindfulness
- ✓ Practicing Mindful Leadership
- ✓ Outsmart Your Bias
- ✓ The Psychology of Productivity
- ✓ New Year New You: Mindful Goal Setting

## LET'S WORK TOGETHER

For all inquiries, please reach out via email or through my website below. I look forward to collaborating!

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