



EVA MEDILEK

**Certified High-Performance Coach,  
International Speaker, #1 Best-Selling Author,  
Inclusive Leadership Trainer.**



## WHAT I DO

I help busy professionals get clear on where to focus their time, energy and effort so that they can advance their careers without sacrificing their personal life.

## WHY CHOOSE ME AS YOUR SPEAKER

We are all humans with personal lives. Regardless of our profession or industry, we go back to those lives at the end of the day. Who we are being and how we are handling the pressures, stresses, and overwhelm of our work, affects our lives and vice-versa. We can't perform well if we are not managing our day, our mental, emotional and physical energy, our relationships, and our health to our highest ability. Learning how to bring our A-game to every area of our life will bring us higher levels of success, more happiness, better relationships, and better health.

Traditional D&I training has become performative and perfunctory. To create intentional and authentic connections across racial and cultural barriers, we must learn the skills that create safe, inclusive environments.

## MY CONTACT DETAILS

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## SUCCESS WITHOUT SACRIFICE Advance your Career without Sacrificing your Personal Life

We've been sold on the idea that we can have it all. And, that we can have work/life balance while trying to have it all. Being successful in one area of your life doesn't mean that you sacrifice in others. You don't have to sacrifice everything, but you will have to sacrifice some things. The problem is that most of us are sacrificing the wrong things and it's hurting us in the long run. We are sacrificing our health, our well-being, and our relationships in order to be successful and have it all. Your performance and your success come down to the ability to do establish these 3 things:

- Clarity - Be clear on what you want and what makes you happy
- Priorities - Establish clear priorities
- Responsibility - Be responsible for setting boundaries to support your priorities

## ALLYSHIP IN ACTION

This keynote training will use audience engagement (where applicable), visual aids, and examples to build skills for self-awareness around racial biases, and for understanding and acknowledging situations before reacting. You will learn how to focus attention, deepen insight and ask powerful questions to create forward movement and deepen relationships and collaborative solutions. As a result, individuals, groups, and organizations will:

- Have a framework for inclusive listening
- Be able to ask powerful, forward-moving questions
- Have the skills to create safe, inclusive environments in any situation.

"Eva is a delightful, eloquent and diversely skilled speaker! As a guest on my podcast she was engaging and professional. As an event speaker she is a wonderful teacher and adapts easily to the audience. She's also an expert moderator and facilitator. Eva is a valuable addition to any show or event!"

Lisa Cherney \_Host of the Get F\*\*\*ing Real Podcast

"Eva is a total pro when it comes to speaking. She's responsive and organized while also showing up with authenticity and vulnerability. She speaks the truth when it comes to what BIPOC needs and how we can all step up to support systemic change around racism. Eva generously shares her personal pains and joys that bring her message home - straight to the heart of the audience."

Susan Shloss - Certified Money Coach

