



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



## WHAT I DO

I help busy professionals and entrepreneurs advance their careers without sacrificing their personal life by incorporating consistent habits that support health, well-being, and relationships.

## 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, 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, 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. To jumpstart from high achieving to high-performing you must have these 3 things:

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

## ALLYSHIP IN ACTION

### Communication Skills to Create Inclusive Environments

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 Medilek was a speaker at The 2022 Viral Networking Conference. Her topic, Success without Sacrifice was a hit! She gave us practical strategies to go from high-achieving to high-performing entrepreneurs without sacrificing what's important to us. Her engaging delivery style kept the audience's attention. In fact, she was so compelling I personally decided to work with her. I can't wait to implement her strategies to go to the next level. **Toni Harris Taylor ,Drastic Results Marketing & Sales Coaching**

I have had the privilege to listen to Eva in more than one occasion now. Every time she delivers with great impact. Eva is very talented, funny, and insightful. Her comments are relevant to every person. In this last opportunity, I invited Eva as keynote speaker at our corporate event. We needed a speaker to connect the dots between life and work balance, and I could not think of someone better than her. Feedback was off the chart!! Everybody in the audience was highly engaged and delighted with her presentation. People commented they received tremendous value in return for their time in attending her presentation. Many have requested that Eva be invited back again soon. **Gustavo Garcia-Herrerros, TD Wealth**

Eva really caught our audience's attention the entire time she spoke. Comments from conference participants included, "We need more speakers like Eva!" "I really enjoyed Eva's session. I like how she discussed discomfort and how we tend to refocus the discomfort of others onto something else, because we don't want to deal with the discomfort itself." "Eva's keynote session provided me with several nuggets to tackle and caused me to have a dialog around an often sensitive and difficult subject matter." "I really liked Eva's relaxed manner of presenting, and her content was very useful to me." **Edward J Leach, PhD, CAE Executive Director, NISOD**

