

Giving you the **INNER EDGE** . . .



* What organizations are facing today ...

Increasing unpredictability, a fast-paced world, uncertainty, fear, and overwhelm are just some of the major causes of distress impacting high performers in the modern workplace.



ANGELA KONTGEN
THE INNER EDGE

* What organizations can do to **THRIVE** . . .

Workplace mind
strengthening can play a
key role in an organization elevating
top performers, fostering independent
thinkers and building emotional
intelligence.

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HARVARD BUSINESS REVIEW
‘When science meets mindfulness’

Studies show consistent meditation
practices result in increased focus,
better calmness and performance under
stress, improved memory and better
interpersonal interactions.



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* Proven practices to strengthen the mind ...

The INNER EDGE is the ultimate mind- strengthening experience:

- Consistent weekly conditioning.
- Relevant and Relatable themes.
- Guided by a Meditation Coach.
- Remote/online access ensures ease of access for employees.
- Feedback and impact mechanisms.
- Impactful bursts of delivery.
- Cost-effective, **one quarterly fee** for unlimited access.



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* Inspired **FEEDBACK** . . .

Experience working in multiple sectors:

High-tech | Automotive | Fitness | Healthcare | Education

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Angela has provided virtual meditations sessions for 18 months at Autodesk. Her tips are invaluable. She always brings scientific facts to our meditation to explain how the mind and the brain work. Angela has made a significant impact on the wellbeing of our employees.

AUTODESK CANADA
- Marie Lacasse, HR

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*I always feel **razor sharp and focused, re-energized, refreshed and renewed** after Angela's meditation sessions . . . it has been extremely beneficial in terms of focus, clarity and renewed energy levels.*

AUTODESK CANADA
- CM

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Meditation is now one of my foundational life and leadership habits. Angela keeps my mind inspired with new creative themes each month.

CANFIT PRO
- MO HAGAN, CEO

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* WHY Angela Kontgen?

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I am driven to support
and elevate the minds of
top performers through
proven practices:

- 15-years corporate coaching experience.
- An expertise in creating *relevant* meditation experiences and content.
- Inspiring, flexible and accessible.
- A human guide to balance a digital world.
- A published expert in personal development.

Contact me at 289.888.1227 or
angela@angelakontgen.com for a discovery session.



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