



# CYNTHIA ACKRILL, M.D.

SPEAKER ■ COACH ■ CONSULTANT

## Today's problems demand extraordinary leadership.

And such leadership requires developing the best of human potential- physically, mentally, emotionally, and spiritually.

**Dr. Ackrill's mission is to help extraordinary leaders develop the best of their abilities.** By applying science and wisdom, and working from a ground of values and purpose, leaders learn to fine tune their energy, focus and motivation to serve with extraordinary effectiveness.

*"Dr. Cindi Ackrill is a dedicated champion for the realization of full potential in leaders everywhere. She has the engine and the gears to tell the truth in a "hearable" fashion-- she is the very rare real deal!"*

- Bruce Fritch, Fritch Consulting

*"Cindi provides the knowledge of a physician and the wisdom of a business coach in one package, making her skilled at assessing challenges from every perspective. It would take several different specialists to get what Cindi can provide."*

- Jan Trout, BCBS

## Dr Ackrill brings a unique and thorough background to the table enabling her to customize topics to meet your needs.

Change is very hard for an individual and even harder for an organization. Obviously, knowledge is not motivation—even in the face of cardiac surgery, only 1 in 9 people manage to change their lifestyle habits! Yet businesses and change programs keep operating as if knowledge is the key.

✳ ***What makes us smarter, healthier, happier?***

✳ ***How do we grow our capacity for effectiveness?***

✳ ***How do our brains like to be influenced for growth and change?***

Intrigued by the brain and the role of the mind in health and performance, Dr. Ackrill spent 10 years working with brain-mapping, biofeedback, and applied neuroscience. Using the latest science and technology, she analyzed and developed human performance potential. She studied the mechanisms of attention and energy regulation, emotional management, creativity, and peak potential possibilities—looking “under the hood” of our behaviors.

✳ ***How do we "work smarter, not harder"?***

✳ ***What sets our brain stage for creativity and brilliance?***



*"Dr. Ackrill is an articulate and impassioned speaker who offers clear, useful and insightful information... Her humor and candor creates a relaxed learning environment in which comprehensive information can be discussed and absorbed. I plan to refer clients to her in the future."*

- Denise Anthes, RN, BSN, MBA, ThD

“Working with Dr. Ackrill isn't just beneficial – it's also a lot of fun. She is particularly adept at devising programmes for her clients that are at once uniquely well suited to their needs and to their preferred approaches. She implicitly understands the connection between wellness and career effectiveness, and helps her clients to maximize both. I am definitely better off in both areas of my life for having had the benefit of Dr. Ackrill's coaching.”

*J.K., Executive Coach and  
Management Consultant,  
Toronto, Canada*



# Powerful Topics from CYNTHIA ACKRILL, M.D.

## ✧ **Prospering Under Pressure- End the Energy Drains to Re-Fuel Success**

Stress is part of life, but without a proactive management plan, stress drains energy, brainpower, productivity, health, happiness, and profits!

Learn:

- How effective stress management is really energy management
- The latest performance science and a practical model for stress resilience, energy renewal
- Real-life techniques to apply immediately
- Long-term strategies to stop the overwhelm and reclaim your energy
- Ways to create cultures that thrive under pressure

## ✧ **Ramping Up Brilliance and Resilience- End Brain-Drain and Optimize Brainpower to Prosper**

Our brains are capable of remarkable creativity, brilliance, and adaptability—if we set the stage!

Learn:

- What supports your maximum brain-power
- How to eliminate the brain-drains
- How to set the stage for creativity
- When a break might be the best strategy!
- Strategies for performing for the long haul

## ✧ **Mythbusting for Dollars! 10 Expensive Myths about Stress**

As Mark Twain said, “It ain’t what we don’t know that will kill us. It’s what we think we know that just ain’t true!” Stress is so common and so misunderstood, but poorly managed stress is eroding our health, focus, energy, happiness, and profits—\$300 billion in 2003!

Explore:

- 10 myths about this over-used term
- A new model for reducing the impact of stress
- 3 ways to ramp up your resilience and make you stress-savvy

*“Dr. Ackrill is one of the most intelligent and perhaps the most well read persons I know. Dr. Ackrill’s work in the areas of health, wellness and stress management, combined with her ability to consult and develop solutions for employees, leaders and companies to manage these aspects of their life/careers/organizations is most impressive. Dr. Ackrill has the unique ability to take complex and daunting challenges and present real-life, achievable solutions that provide bottom-line results. And she does all of this with the insight and skill level to effectively communicate with people ranging from CEOs to factory workers..”*

*- Cameron Hayes, Business Development Leader, Benefit Controls of the Carolinas, Inc.*



### **about your speaker**

Dr. Ackrill is a graduate of Duke University and the University of Maryland School of Medicine, a Fellow and Board Member of the American Institute of Stress, a charter member of HeartMath, and a former board member of the International Society of Neuro-feedback and Research. A certified Wellcoach, Wellness Inventory coach, and Certified Professional Coach, Dr. Ackrill has also completed training in advanced executive coaching, positive psychology, intrinsic motivation, peak performance coaching, and Team Advantage, and mentored in organizational effectiveness and leadership development. She is affiliated with Pyramid Resource Group and is a member of the International Coaches Federation and an affiliate of the Institute of Coaching of the Harvard Medical School.

To learn more about how Dr. Ackrill can help you,  
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