



VANESSA GUILD

**Mindfulness Expert Trainer
Keynote Speaker
Life-Coach**

As a mindfulness expert and trainer Vanessa can teach you how to become present and calm within your own mind and thinking. She was trained by a Zen Master Ben Wren and Azim Khamisa whose work has been hailed by the Dalai Lama. Vanessa also lived like a monk in a meditation center for three years teaching numerous mindfulness classes there. Potent life-experience of losing all in Hurricane Katrina and having to rebuild from scratch extensively trained her in present-time focus and mental awareness. Stress, anxiety and depression can be caused by life's stressors, daily or extreme, but mindfulness training empowers presence of mind which leads to clear thinking and choices.

Vanessa has spoken within a maximum-security prison outside of Sydney, Australia to leading an "Effective Communication through Mindfulness" workshop at The Center for Brain Health-Brain Institute through MasterMind. She has presented mindfulness workshops for the, "Women's Empowerment Program," backed by The Dallas Mavericks in the addiction facility 24-Hour Club, to Southern Methodist University's Communications Department for students. She has taught cancer patients at The Cancer Support Community at Texas Health