

Eva Medilek

High-Performance Coach &
Award-winning Executive
Leadership & Inclusion Trainer



Speaking Topics:

- ✓ High-Performance Habits
- ✓ Balancing Leadership & Well-Being
- ✓ Creating Inclusive Environments
- ✓ Leadership Excellence

To Book Eva:

- ☎ 201.724.8447 (direct)
- ✉ eva@evamedilek.com
- 🌐 evamedilek.com

"Eva should know that she had the greatest impact of any speaker I've heard in this event."

- Jaiden Kane, actor, event attendee

"It was a very engaging presentation that kept my attention the whole time and even had me tear up at the end."

-Amber Niay, project manager, event attendee

Eva Medilek, the founder of Optimize You High-Performance Coaching, is a multi-award-winning executive leadership trainer, #1 best-selling author, facilitator, renowned international speaker, and successful real estate investor.

As a Brendon Burchard certified high-performance coach, ICF trained coach, master trainer, and diversity and inclusion communications trainer, Eva offers holistic leadership and inclusive communication coaching programs to individuals, groups, and organizations so they can achieve optimal performance in every area of their lives.

With her signature Human Relationship Style Assessment™, her clients are able to identify what's sabotaging their performance so they can achieve higher levels of personal and professional success.

When Eva isn't speaking on stages, coaching, or leading trainings for her clients, you can find her traveling in Germany, playing with her adorable dog, or creating delicious, healthy recipes at home.

EVA MEDILEK HAS APPEARED IN...



CEO WEEKLY

Medium



NEW YORK WEEKLY



/evamedileksuccescoach

/in/evamedilek

@evamedilek7327

@evamedilekexecutivecoach

Eva's Keynote

Success Without Sacrifice; Advance Your Career Without Sacrificing Your Personal Life

Today's societal expectations create a lot of pressure on us to excel. But how can we truly perform at our peak when we're not operating from our best selves?

Audiences will discover:

Techniques and approaches to excel at work while nurturing personal well-being, strengthening relationships, and optimizing overall life satisfaction.



TALK/INTERVIEW TOPICS:

The Success CPR Strategy: *Eva's framework of Clarity, Priorities, and Responsibility to balance work, family, and self-care effectively as the foundation for high-performance.*

Beat Procrastination: *How to remove distractions, get 2 hours back in your day, and increase productivity without the guilt, overwhelm, and exhaustion.*

Creating Inclusive Environments: *Communication skills to overcome barriers to build inclusive communities.*

Leadership Today: *Uplevel your capacity as a leader in today's cultural landscape to encompass a multifaceted skill set that creates positive change and performance enhancement.*

How to WIN Every Day: *Find out how to boost your clarity, improve focus, increase productivity, and generate the energy you need to live your best life now.*

Navigating Difficult Conversations: *Learn how to approach difficult conversations with empathy, listen actively, and create an atmosphere of trust and mutual respect.*



"In most companies, the problem is always one thing, performance. They don't have the caliber of people getting the results. Let Eva help you get more of those people who are high-performing."

**- Brendon Burchard - World's Leading High-Performance Coach
Success Magazine**

Total Social Media Reach = 700k+