



## KARLYN IS A....

- Travel Enthusiast
- Thai Yoga instructor
- *Holistic Health Coach*
- *Engineer- B.A.S*
- *Bridge between the energy world*

## AUDIENCE REVIEWS

"Karlyn brings a wealth of knowledge and insight to helping others fulfill their potential. She hosted workshops and presentations for our engineering students, alumni and industry communities. Through sharing her personal journey and experiences as a university student, engineering industry professional, and her transition to professional wellness & brain science coach she provides simple tools, strategies, and resources to support success. Highly recommended for all - education, corporate, entrepreneurs!!"

-Renee Leboe, Manager of academic services, school of engineering, University of British Columbia

## CONTACT

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# SPEAKER OVERVIEW

## Who is Karlyn Fischer?

Karlyn is a passionate speaker on the topics of neuroplasticity and nervous system calibration. Her focus is to inspire highly motivated individuals by teaching them how to engineer their minds. These tools allowed her to overcome her auto-immune condition and transform her life.

She speaks the language of the overachievers, she doesn't shy away from the innovations of the mind. She's the impact your audience craves!



## MIND SCULPTING MISSION

Karlyn's mission is to impact 1% of the overachiever population through a ripple effect of mental optimization currency!

Karlyn created an enhancement framework using your mind's natural system, mental tools and awareness engineering.

## TALKING POINTS FOR YOUR AUDIENCE

- Why is understanding how to utilize neuroplasticity so impactful?
- You seem to target overachievers. Why do you think your knowledge is so crucial for them?
- Can you elaborate more on how resetting the vagus nerve improved your gut health and mental health?
- How is your brain a system; why do you think understanding that is so important?
- Can you talk more about removing the judgment and seeing your mind as a computer program?
- Do you focus on removing old mental programs or work on applying new mental programs?

## AUDIENCE TAKEAWAYS

- Understand how your mind is naturally engineered, so you can re-engineer your system to create optimal performance.
- Build awareness of your ability to engineer your available potential

Re-engineer your headspace