



Karina Godwin

Change Master

Karina is a mindset Guru focused upon change: without the right way of thinking, we lose the opportunity to live up to our potential and fail to increase our capacity to bring the best version of you to life.

Karina's passion as a trainer, with an international clientele has seen 15yrs of empowering people to create the life they love living whilst living in the 'real world' of deadlines, productivity, and problem solving. She's here to teach your audience how to live within their world, whilst creating the changes required to reach their peak performance.

Surviving a huge, rare and aggressive form of cancer with little successful treatment on offer forced significant life change upon Karina. She was living life upside down and back to front. What she learned about change not only saved her life, but could save your audience's too.

What can you Expect?

Balance is often confused with giving up what you have to do, to create time for what you love. Whilst that's a great concept, the reality is that most of us live in a world where results matter, people are relying upon us to achieve, support and create success. The key is to how to create realistic '*balance*'.

Keynote: Areas of Focus

Productivity

Helping people to manage the pressure of their roles/lives to bring the kind of productivity you hired them for.

Communication

Empowered to say what they mean, *Valued enough* to be Heard. Change how communication works in your organisation.

Problem Solving

When support is measurable, people step up to own their results: all of a sudden you have a team who not only want to achieve for your company, but will have their own drive for success.

Bespoke Offerings

One size does not fit all: allow Karina to tailor a keynote or program to your audience, specific to your desired outcomes.





The chase for ever-evolving success has no limits. We seek it, but it's easy to miss your greatest potential: your people.

That's what sets you aside, what makes you different, and it isn't replicable by others. Your people have so much more to offer, they just don't know how to access it. Nor are they aware of just how much better they could be, both professionally and personally. It's no secret that stress is the hidden enemy of a great business, as it hardly shows up until personal or professional crisis hits. Managing pressure is paramount to avoid overload &/or burnout.

Karina Godwin's extensive experience in working with corporate executives within her private practice has her convinced this same level of profound life-change is essential within every audience.

Imagine a company where your people are engaged to work at their peak and able to perform without having to break their lives. Not stepping away from their key objectives, rather managing a better space to achieve them.

The sad reality is that if we are unable to create balance within all that we do, performance will be a long way from peak. Karina learnt that the hard way, it took near-death to change her attitude, and motivate her to make the changes.

She learnt that it's not about doing less, it's about doing things smarter. Look after you and the results will look after themselves.

karinagodwin.com/speaking

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About Karina

A successful Entrepreneur, the Founder of the Flying Souls Institute of Healing and Flying Souls Publishing. An Author and Speaker with 45 inspirational products currently available, a further 32 due for release in 2019. Over 40 personal growth programs, which is ever evolving and expanding. The Creator of the signature healing modality Meliae Intuitive Healing with an international clientele for her services. Karina lives with her husband in Melbourne, Australia and has a blended family of five children.



Because your people matter!

Because we cannot create better results

...without first creating change

When we seek the change in people...

When we embrace the necessity of change...

When we then do the work of change...

*that's when potential
becomes unlimited*