



HOLISTIC PERFORMANCE COACHING

Targeting Embodiment, Not Habits

Vivian empowers leaders and teams to *achieve peak performance* through enhanced *well-being*. Her approach blends inspiration, strategy, and compassion, creating a nurturing environment where clients get *transformation*.

With over two decades of leadership experience in automotive, technology, financial services, and real estate, she brings her extensive training, operations, sales, and business enablement expertise to each speaking engagement.

Speaking and Interview Topics



WELL-BEING IN THE WORKPLACE: CREATING A CULTURE WHERE PEOPLE THRIVE



CURING CHAOS AND CONFLICT: THE WE'RE IN THIS TOGETHER APPROACH



NAVIGATING LIFE'S TRANSITIONS: HOW TO MOVE FORWARD AND THRIVE



LEADERSHIP ESSENTIALS: EVOLVE TO EFFECT CHANGE AND DELIVER RESULTS

Why choose Vivian?

- Entertaining, informative, and inspiring
- Participants report sustained transformation
- Research-backed presentations
- Customized routines for 'homework' to maintain progress
- Built-in feedback loop measures audiences' engagement

[BOOKING NOW](#)

www.360mindfulsolutions.com



Vivian Hughes

Speaker, Founder & CEO
360 Mindful Solutions

