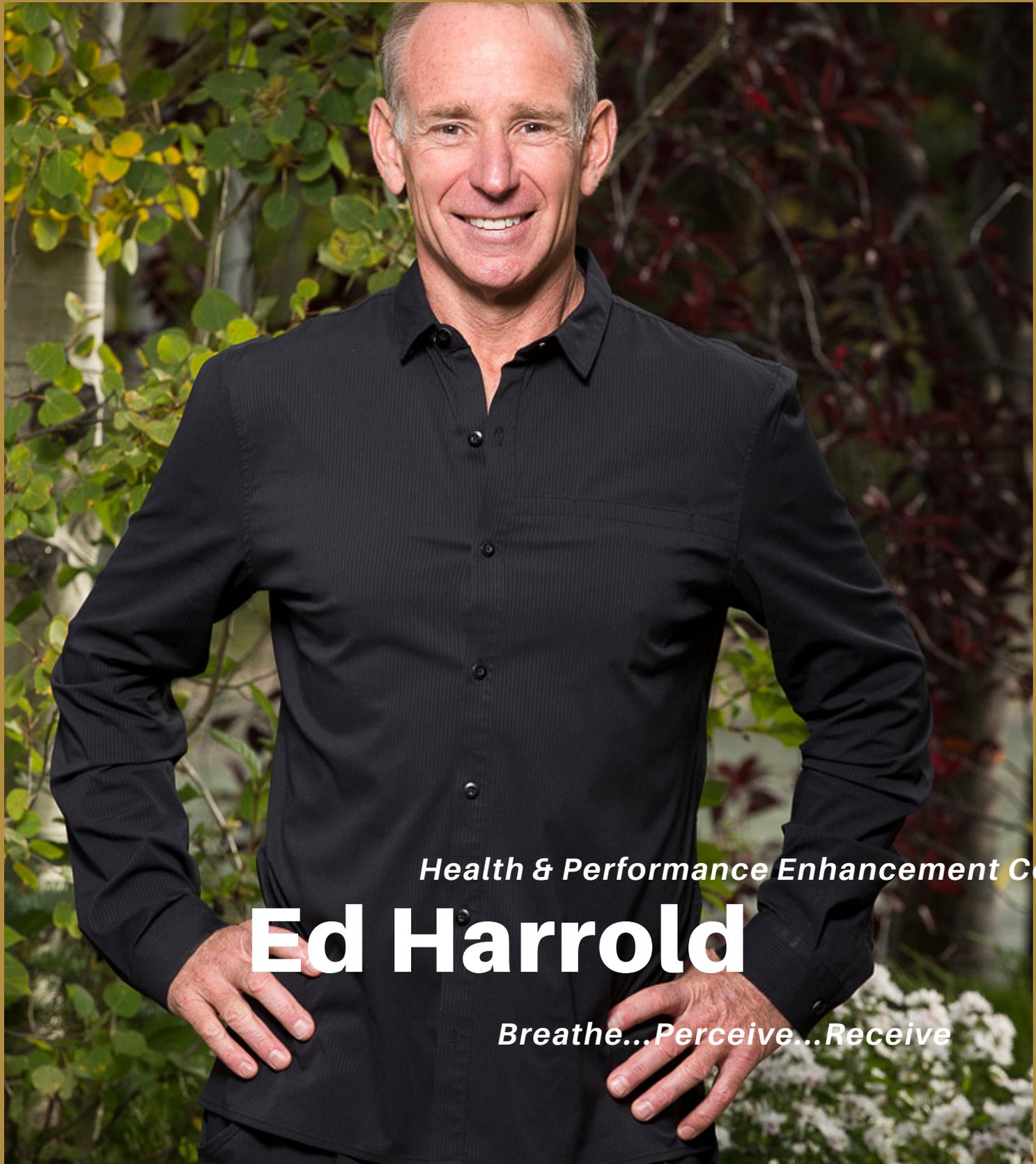


Go BE Great



Health & Performance Enhancement Coach

Ed Harrold

Breathe...Perceive...Receive



**"The boundaries of Self are FALSE."
~ Ed Harrold**

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Ed blends the fields of neuroscience and the wisdom of contemplative traditions into effective strategies to improve well-being in Corporate America, athletic performance and individual health. Ed's fluency in mindfulness-based strategies combined with the belief in the human potential gives him the depth and understanding to meet individuals and group needs across industries and platforms.

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Markets Served

- Corporate
- Athletic
- Healthcare
- Individual



The SIMPLICITY of GREATNESS

“ GREATNESS is not a given,
IT'S a CHOICE.
WHAT have
YOU been CHOOSING? ”

~ED HARROLD

ABOUT

ED

Edward Harrold is an author, inspirational leader, coach, speaker and educator. Ed's mastery in the science of conscious breathing & mindfulness-based strategies has guided him to applications in fitness & athletic training, stress reduction, corporate performance & transformation coaching, professional trainings as well as individual health and well-being.

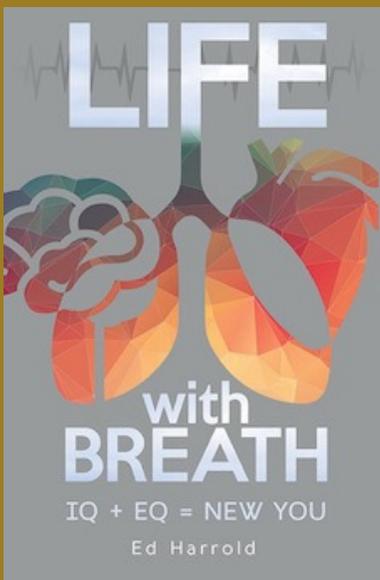
Today, Ed uses Health & Performance Enhancement Coaching to educate corporate America, athletes, healthcare and wellness for individuals. Ed's fluency in the sciences of the body and brain, economic and organizational performance, and the philosophy of human potential gives him the depth and understanding to meet individual and group needs across industries and platforms.

Ed previously served as the director of yoga and sports training for The Kripalu Institute for Extraordinary Living and was the co-founder of the Center For Whole Self Health. He is the creator of Flexibility for Athletes™, Mind Body Athlete™, and his personalized Transformational Executive Coaching program. Ed offers accredited professional trainings as continuing education in the healthcare (CME with George Washington University School of Medicine & Health Sciences), fitness and yoga communities.



ED'S NEWS & PRESS

Available On Amazon



Ed is a Contributing Wellness Expert for health & well-being blogs including:

- Huffington Post
- HuffingtonPostLIVE
- Thrive Global
- Corporate Wellness Magazine
- Mind Body Green
- P'TontheNet
- TRX Training
- Aloha
- The Daily Love
- Wanderlust Journal
- Yoganonymous

Ed's Book: Life With Breath
IQ + EQ = NEW YOU

Ed's Book, Life With Breath is a journey in discovering the mind-body relationship that is linked through breath and how this serves as a basis for reducing stress, improving health and well-being, building resilience and improving both organizational or athletic performance. The book includes 30 days of daily practices that serve as a guide and self-care routine.

Published Magazine articles include:

- Yoga Journal
- Rowing News Magazine
- Mantra Magazine
- YogaFit
- Live The Process



Corporate

- Executive Coaching
- Event Speaker
- Stress Reduction
- Breath AS Medicine
- Trainings For Wellness Coaches



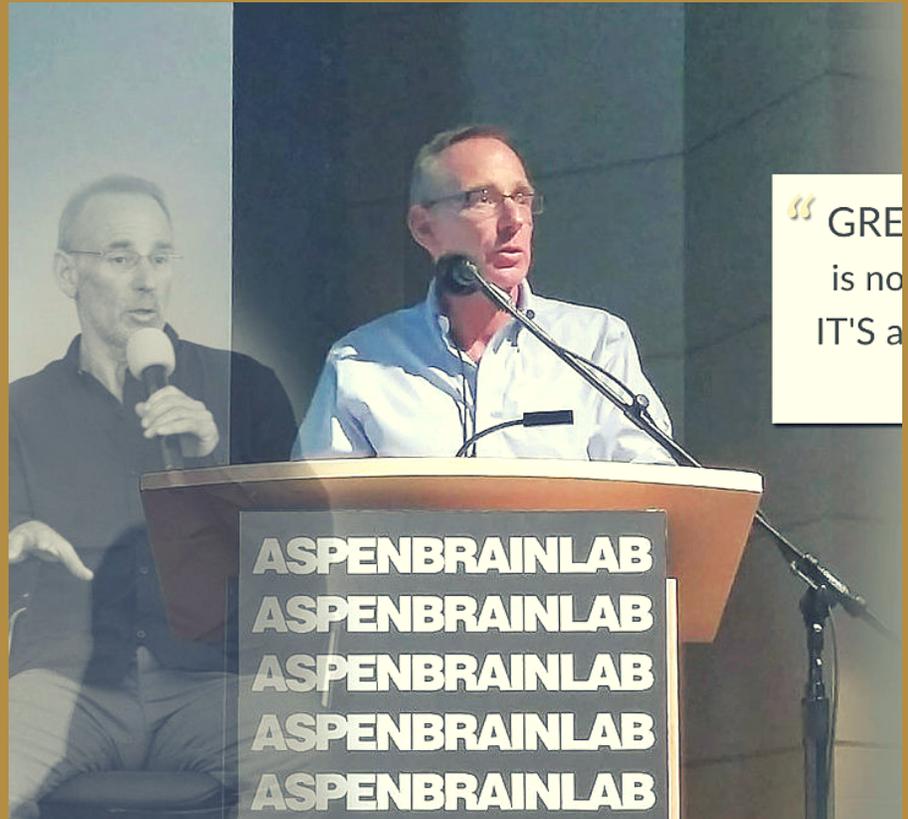
Trainings

- Continuing Education Courses for healthcare professionals, fitness & exercise professionals, lifestyle and wellness coaches



Individual

- Lifestyle Medicine Coach
- Health & Wellness Retreats
- Mindfulness Training
- Executive Coaching
- Athletic Coaching



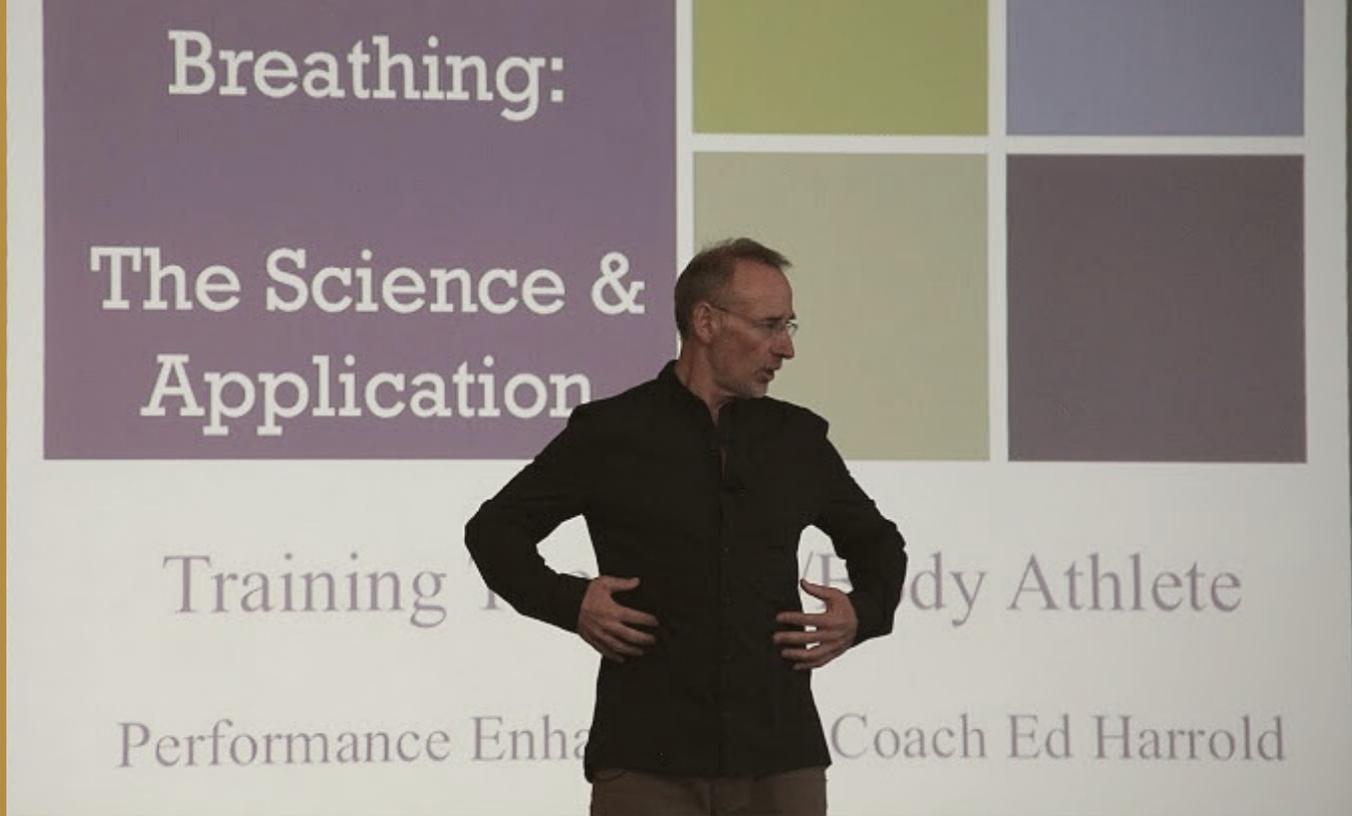
SERVICES

Our ability to make the necessary lifestyle changes to enjoy health and wellness are driven by our mental and emotional well-being.

Ed Harrold will guide you to achieve complete wellness through the discovery and balance of your physical, mental, emotional, and spiritual identities. With this newfound awareness that action, thought, belief and feeling all have direct impacts on the state of individual health, you'll be poised to make dynamic changes in personal development, professional achievement, and mind-body connectivity.

Ed's expertise is delivered nationally through corporate programs, lectures & speaking engagements, individual health & well-being coaching, educational and experiential retreats, professional trainings and certifications.

Ed offers his Executive Coaching, Simplicity of Stress, Mind Body Athlete™ programs to corporations and professional athletes throughout the U.S. He offers services to individuals privately either in person or via Video Coaching. Visit his Upcoming Events page for various programs, trainings and certifications.



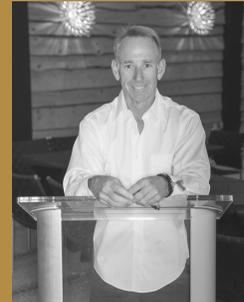
LECTURE EXPERIENCE

- Employer Healthcare & Benefits Congress Association
- Global Medical Tourism Association
- American Academy Dental & Sleep Medicine
- Aspen Brain Lab Conference
- National Wellness Institute
- Medical Yoga Symposium
- US Olympic Rowing Team
- International Health Racquet & Sportsclub Association (IHRSA) Conference
- US Rowing Convention
- Kripalu Center For Yoga & Health
- Changing Brains, Changing Lives - Aspen Strong Foundation
- Bob Roll Aspen Sports Performance Camp
- Various Yoga & Wellness Festivals: Bhakti Festival(s), Wanderlust, Ahimsa Yoga & Music, Telluride WOW, Telluride Yoga Festival, NamasDay Philly, Soul Camp

Testimonials

Eileen Benwitt, Chief Talent Officer, Horizon Media
"Eddie Harrold, an amazing transformational partner, has been teaching our organization that stress is an unnecessary state of mind. Eddie is what all corporations need."

Chris Klug, Bronze Olympic Snowboarder
"Thank you very much for taking the time to help me. I'm so grateful for the opportunity to focus on my breathing and work on becoming a better athlete and person together. I love what you're doing. I can't wait to share it with my team."



Why Taking Time To Breathe Will Decrease Stress



Jonathan Foust, Founder of Meditation Teacher Training Institute, Washington, DC & Former President of Kripalu Center
Truly, Ed, it's a rare teacher who knows the content so well, yet obviously has the practice embodied as well as the fruits. You are obviously developing true mastery ... your content knowledge is exemplar and you have a wonder and rare capacity to make it not only entertaining, but engaging in the best way ... Blessings in all you do!



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FOLLOW ED

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Facebook @ [Edharrold](#)
Instagram @ [Ed_Harrold](#)