

A smiling woman with blonde hair, wearing a dark blue long-sleeved top, is leaning on a dark metal table. In the background, a man in a white shirt is working behind a counter in what appears to be a cafe or office setting.

EMILY  ELDREDGE

SPEAKING + WORKSHOPS
2022

AS SEEN AT...



HOW DO YOU WANT TO *Feel?*

Imagine that the event or workshop that you've worked hard to create for your company or organization has just ended. It's been a huge success, your audience has loved every minute, and they're thanking you for bringing in this speaker or workshop leader. As you imagine yourself in this moment, ask yourself:

"How do *I* want to feel?"

"How do I want my *people* to feel?"

When it comes to selecting a speaker for your event or workshop, these are *the* most important questions to ask. Because that's really what it's all about – *feeling*. As Maya Angelou famously said:



"I felt a sense of calmness unlike anything I had ever felt before"



Once we got to the root cause and I was able to release all of that energy, I felt a sense of calmness unlike anything I had felt before. I was no longer on the verge of exploding. I was able to be present with my surroundings, to be still - something I had deemed impossible. I was finally able to make sense of the defense mechanisms I had created, to turn off autopilot, and to take control.

Your program helped me overcome a seemingly insurmountable obstacle. I am one step closer to becoming the person I want to be. Thank you, Emily. You are truly transforming people's lives.

Rick T.
Entrepreneur

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"The clarity I've gotten through doing this work has been huge..."



Clarity! The clarity I've gotten through doing this work has been huge. To be in a safe environment where I could talk and share and cry was so freeing. I'm no longer in a funk, I'm more focused, my business is doing much better, amazing opportunities are coming my way, and I'm connecting more with others and creating a supportive community for myself. Really, the word that keeps coming to me is 'clear'. I feel clearer and more empowered!

Kevin
CEO

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"I truly believe everyone has the right to feel this way..."



I sincerely thank you for your efforts in sharing this with the world, and thank you for helping me out of a dark place. I truly believe everyone has the right to feel the same way as I do now - to be freer, clearer and more at peace, knowing who they are, and who they're meant to be.

Waz

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"I feel euphoric! You're a miracle-worker!"



I don't believe it. I was very skeptical going into this. I thought this would be some 30-step process that ultimately wouldn't work. But it did. I feel euphoric! You're a miracle-worker!

I experienced such a profound paradigm shift that it has taken me this long to truly internalize it and write back. Sometimes you don't know how much growth has yet to be made, until you are on the other side of it - and that was just a single introductory workshop!

I truly can't find the words to express my gratitude... You are such a warm, bright spirit. What we need now, maybe more than ever in the history of mankind, are beautiful souls like yours.

Your work is truly unparalleled. I wish you all the success in your journey, and am confident of it. A message of such pure, intrinsic truth cannot be stifled.

Brian C.
Workshop Participant | Program Manager, U.S. Air Force

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"You are a genius, Emily. Do you know how genius this system is?!"

It's been really incredible. If left to my own devices, I'll let my Impresario run the show all day long, but, as soon as I bring in the wisdom of all 3 emPowers, the whole thing takes a new shape. I feel really balanced, and my life is so much more rich and varied! Also, I no longer feel like I need other people to fill voids because all parts of me are acknowledged from within!

You are a genius, Emily. Do you know how genius this system is?!

Ivri Turner
Co-Founder, Wisdom Business Academy



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"Thank you, Emily, for making me feel loved."

Thank you, Emily, for making me feel loved and that I can be loved. I am somebody. I don't have to let the past say I am not.



John
Inmate

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WHAT ABOUT *Transformations* AND *Results*?

No doubt you also want your group to experience some sort of inner transformation and results, yes? So the next most important question is:

“What transformation and results do I want them to achieve?”

Do you want your people to have massive epiphanies and exceptional clarity about themselves and the world around them? Do you want them to learn incredible discoveries and techniques they can use for the rest of their lives so they can *continue* experiencing inner transformation and life-changing results?

Do you want these transformations and results to positively impact how they show up in your company or organization? Do you want them to be more creative, productive, and have a deeper sense of purpose? Do you want them to be more peaceful, empathetic, and present with one another? Do you want them to *enjoy* themselves and their lives and to bring this peace and joy to your company or organization?

Now ask yourself:

“If my people changed in these ways,
how would that impact my company or organization?”

What conflicts and crises could resolve or be averted? What *more* could you achieve individually and together?

"I can honestly attribute my past 6 months of achievements to Emily's process."

As a survivor of violence, I always felt like I was worthless, that I did not deserve love or kindness. Emily helped change all that - within 10 minutes! During the Drawing Out Process, I felt a transformation like no other. Emily helped me get down to the root cause of my pain and transform it into power.

Since my time with Emily, I have been able to rediscover my voice, share my story in front of 700 of Australia's most influential people, and become an Ambassador for a national organisation. I can honestly attribute my past 6 months of achievements to Emily's process. For 15 years, I had lost my voice, and, in less than an hour, I found it again. I am no longer ashamed of who I am or my story, and I have the confidence to stand up and become an activist for those without a voice.

I wish Emily's technique was available all around the world. She is a gift, and I am so grateful for spending some time with her and learning her process. If you ever need help rediscovering your power, give Emily a call. Trust me, it will be the best thing you have ever done!



Caitlin Figueiredo

Founder of Jasiri | Australian 100 Women of Influence Winner

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"This work is brilliant. You are a Master."

In all honesty, I have done a lot of work on myself and have experienced several modalities in an effort to put "stuck" fears and emotions truly behind me, each of which has been helpful. But what you did with me today, Emily, was huge! And bottom-line! I am delighted because I feel different and am already moving forward with just one session

This work is brilliant. You are a Master.

Andi F.

Radio Host & Energy Healer



"The Drawing Out Process is up there with pet rocks and sliced bread."

Emily and the Drawing Out Process helped me get in touch with things that I have not allowed myself to process for a very long time and, most importantly, helped me deal with them right then and there - not with months of talk therapy.



I believe the Drawing Out Process is one of those rare ideas that, when you hear about it, you have an "aha" moment. It is up there with pet rocks and sliced bread - really good ideas that spread all over the world.

Wayne

Inmate, Organizer of the very first TEDx in a prison

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"I am turning into the person I've always wanted to be!"

I feel so fresh! With Emily's guidance, I resolved an inner struggle that I was unaware of (or was refusing to admit I had) and started for the first time in my life to feel as "One". The [ChangeLight] framework enabled me to understand the root cause of my inner struggles, fully appreciate who I am, and draw a crystal clear vision for myself. Knowing my Truth, owning it, and then declaring it has changed the person I am. I am turning into the person I've always wanted to be!

I recommend every single person go through this process. Trust me, it is life-transforming.



Fati-Zahra Ma-el-ainin

Psychology Practitioner, Partner, and COO at InspireCorp

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"Emily was able to get into our heads like no other speaker I've seen."

Emily was able to get into our heads like no other speaker I've seen. While other speakers overload us with content, Emily gets straight to the real matter and creates a safe space for us to go there. She combines humor, wit, and charm with an original model for how we can better understand ourselves.

Robert Richman

Culture Architect & Keynote Speaker



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"Do not hesitate for a moment to sign up for this series... It is completely magical."

I'm not sure I can put into words the magic this series has been. Two big issues I've struggled with for years - if not decades actually - have improved so significantly it's truly unbelievable. The intense negative emotions surrounding each have melted away, and now when the triggers come up there is an intense and immediate mindfulness that shows up. I am able to respond rather than react. It's been a blessing!

Do not hesitate for one moment in signing up for this series. It has been a truly transformational experience for me. The Drawing Out Process has by far been the most effective self-help tool I've tried to date (and I've tried so many things). It is completely magical! Emily's warmth and charisma guides you encouragingly through the process with such ease. I cannot recommend it highly enough.

Corinne R.

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Who IS EMILY ELDREDGE?

Emily is uniquely qualified to deliver these (and *more*) feeling states, transformations, and results.

Emotional Well-Being INNOVATOR

Emily is the inventor of a powerful technique that frees people of inner struggle and transforms their inner darkness back to light.

Leader OPTIMIZER

Emily is the creator of a powerful system of self-development that vastly accelerates one's power to live their Truth and change the world.

Keynote SPEAKER

Emily has spoken at venues across the globe, including the first TEDx in a prison, British Parliament, and the United Nations.



What DOES EMILY DO?

Emily transforms people's inner darkness back to light, then aligns that light with their Truth so they can be their optimal selves and achieve the greatest possible impact.

Emily's work strikes at the core of human power and potential.

She has discovered that within everyone are 3 universal types of subconscious struggles, as well as 3 types of inner strengths. Her ground-breaking technique, **The Drawing Out Process®**, can permanently transform an inner struggle back into an inner strength - *in less than 3 hours*. Her revolutionary **ChangeLight System™** is a complete system of self-development that heals inner struggles, focuses inner strengths, and reveals a person's inner Guiding Star so they can fully actualize their Truth.

What are the results of Emily's work? Plummeting stress levels, deepening inner peace, greater mental clarity, sharper intuition, a clearer sense of purpose and direction, enhanced creativity, effortlessly radiating confidence and wisdom, and feeling more free, whole, and empowered to be who you are here to be and do what you are here to do.

Everyone from executives to activists to prison inmates have experienced the ChangeLight System, and they've hailed her work as "genius", "exhilarating", "brilliant", "a miracle worker", "a truly life-changing experience", and "up there with sliced bread - really good ideas that spread all over the world".

By sharing her work with leaders and changemakers around the world,
Emily's mission is to heal humanity from the inside out.



"Emily and her work are AMAZING."



Emily and her work are AMAZING. Her Drawing Out Process is one of the best emotional healing processes I have ever encountered. Have some stewing negative emotions or hurtful self-talk? Emily takes clients through this process with wisdom and love. The truth is, we all have these voices in our heads, and until we recognize what they are, we will let them run our lives. Emily Eldredge helped me identify mine and heal them. The 'lightening' of the heart is amazing. Five Stars!

Hope Tackaberry
Life Coach

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"Emily is one of those special people who instantly WOWs you."



Emily is one of those special people you meet who instantly WOWs you. She has been such a blessing in my life. She took the time and effort to unearth small triggers from my past that I didn't even realize contributed to my inner struggles in life. Saying that I strongly recommend her services is a huge understatement.

Justin Norris
Founder & CEO, Rouse Coffee Company

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"You walked into a place that was dark and empty and gave us a torch so we can see."



Emily allowed me to open up a part of me that I have been afraid of for years. She walked me down a dark road and never left my side. I feel honored to have met a person with such love and compassion in her heart. There aren't enough words to express the gratitude I have for you, Emily. You walked into a place that was dark and empty and gave us a torch so we can see.

David B.
Former Inmate

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"Emily, you are the s#\$%!"

In prison, all we do is programs - not many of them have the impact this one has had on me. Thank you so very much, Emily! You are the s#\$%!

”

Joe
Inmate



"Emily truly wants to assist those of us who society has deemed undesirable."

I was expecting to meet with another paid white woman who would present me with her ideals of what my issues are and what I need to do to "change my life around". I was surprised to read sincerity in Emily's heart. She truly wants to assist those of us whom society has deemed undesirable. She never impressed upon me that "I" had issues but that "we" (including her) had issues.

Darren
Inmate



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"Emily has the map and the wisdom to guide others to the light."



I have known Emily since 2003. She has the map and wisdom to guide others to the light. She took me inside myself and allowed me to release what were subconsciously directing and affecting my life experiences. Her Drawing Out Process has allowed me to become more integrated and comfortable in my own skin and soul.

Derek Mortland
Musician, Artist, Writer

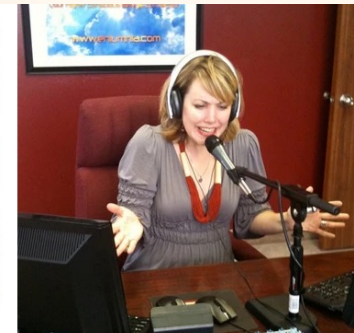
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SPEAKING *Experience*

Emily has spoken in North America, South America, Central America, Europe, and Asia. She has done two TEDx talks – including at the very **first TEDx in a prison** – and has spoken twice at **British Parliament** and twice at the **United Nations**.

As a purpose-driven leader and changemaker herself, Emily intimately understands their needs and aspirations, and she inspires them with her stories and approaches for overcoming their inner struggles and accessing their inner power. Years later, audience members still contact her to say what a profound impact she had on their lives. **With her unique blend of heart-felt empathy and fierce determination, Emily has helped thousands around the world get life-changing results.**

With her background as a professional actress and singer, Emily is exceedingly comfortable on stage and screen. She has spoken and led workshops for corporations, NGOs/not-for-profits, conferences, retreats, universities, and leadership organizations. She is a guest on international news segments, podcasts, and video conferences. She also hosts her own live, weekly show, *Inner Work for Greater Good*, on an all-women network.



TEDx TALK



In her 2013 TEDx talk at Marion Correctional, Emily explains the Drawing Out Process® and shares incredible stories of transformation, including those of inmates in the audience.

AS SEEN AT...



TALK *Topics*

Emily individually customizes her speeches and workshops for her audiences.
Below are some sample topics.

HOW TO FREE YOUR INNER *Struggles* AND TRANSFORM THEM INTO *Strengths*

Have you ever wondered *why* you feel blocked or triggered by certain things? Have you ever considered that maybe these struggles are just your strengths in disguise? What if your inner "darkness" could be brought back to light? Emily will teach you how.

WHAT'S *Wrong* WITH YOU (AND EVERYONE ELSE)?

Most of us walk around with this sense that they're something terribly wrong with us – something is broken that we may never be able to fix. Emily completely dispels this and other myths we carry about ourselves and shows you what's *really* going on inside.

THE KIND OF *Leadership* HUMANITY NEEDS

For too long, our leaders have led us not from their *wisdom* but from their *wounds*. Our world does not need more "wounded leaders" – we need leaders who are so clear, whole, at peace, and "lit up" within that they inspire others to shine, too. Emily tells us how to create more of these radiant leaders and, thus, a better, more radiant world.

WHAT DO *You* NEED?

Let's go back to that moment *after* your speaker or workshop leader has spoken, when you're basking in the glow of a successful event. What are your answers to these questions?

"How do *I* want to feel?"

"How do I want my *people* to feel?"

"What *transformation and results* do I want them to achieve?"

"If my people changed in these ways,
how would that *impact* my company or organization?"

Contact Emily. Let her know what you need/desire. Chances are... she can deliver.

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CHANGE  LIGHT
INNER WORK FOR GREATER GOOD





"Open up and just do it."

I was initially skeptical when I heard Emily's work described as 'going through a rebirth'. After experiencing it myself, that is the only word that truly describes how it feels! I felt immense clarity after just one session with Emily and still feel grounded because of the reflection that her techniques provide. I highly recommend that you open up and just do it.

Jihad Bnimoussa, M.S., CYCP
Founder & CEO, InspireCorp

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About EMILY

Driven to make a positive difference in the world, Emily has spent her life running *towards* challenges, especially those related to emotional struggles and pain. Always seeking to bring healing and light to others' darkness, her volunteerism has spanned the globe, including Shriner's Hospital for Children in Los Angeles and Amar Jyoti in Delhi, India.

When the World Center Towers collapsed in 2001, Emily ran *towards* the devastation and became known as "**The Angel of the Pit**" for helping traumatized first-responders through their shock and grief. She then spent the next year-and-a-half traveling to hundreds of firehouses across the city to support grieving firefighters.



In 2009, when Emily's own life fell apart, she was forced to face her deepest fears and wounds and, as a result, invented a technique that enabled her to quickly and easily overcome them. This led to her discovering the 3 types of inner struggles, the 3 types of inner strengths, and the inner Guiding Star, which evolved into **The ChangeLight System™** – a clear path to freeing oneself of struggle and actualizing one's own purpose and Truth.

Emily is a graduate of the Hockaday School in Dallas, TX and Williams College in Williamstown, MA. She lives in New York City with her husband, **Paco Torres** - one of the patients she met while volunteering at Shriner's.