



## Tzeli Triantafillou

Toxicologist • Author • Speaker

### Optimal health, happiness, and peak performance are within your control!

With her passion for communicating life-changing truths, Tzeli uses her experience of developing cancer-fighting drugs in the laboratory to bring science to life by reacquainting you with your own amazing nervous system and how it can hurt your health and happiness when “untamed.”

As a Myndzen presentation participant you will walk away with structured processes on how to befriend your neurobiology in order to change perspectives that sabotage your desired outcomes. Rise above any obstacle and embrace self-mastery using sustainable resources within your control!

### Content covered in Tzeli Triantafillou's programs:

- Develop resilience in the face of adversity and change
- Actively intercept and mitigate the impact of daily stress on your life
- Neutralize the impact of negative events outside of your control
- Enhance your physical and emotional well-being from the inside out
- Recognize shortcuts to satisfaction and happiness
- Learn practical steps to redirect your own metabolic energy from your “mammalian” to your “executive” brain
- Own resources and tools for self-protection from disengagement and burnout

### Tzeli Triantafillou (pronounced Zell-ee)

is a scientist and toxicologist who combines her knowledge, passion, and heart to help people take control of and improve their lives. After more than three decades of real-world experience in laboratories and healthcare organizations and through overcoming significant health challenges of her own, Tzeli developed Myndzen: A collection of sustainable resources that enable us to preserve our optimal health, while improving how we respond to life's challenges.

Tzeli's professional credentials include a BS Degree in Bio-Chemistry and Toxicology and eighteen years of leadership, advocacy, and team development in the pharmaceutical industry.

Tzeli is a longtime volunteer for non-profit organizations that are actively involved in fighting discrimination and eliminating health disparities. She is a graduate of the **National Speakers Association Speakers Academy** and holds a Wellness Coaching Certification from the **Integrated Wellness Academy**. Myndzen is on a mission to highlight our amazing power to change our lives by focusing on what we can control.

### TESTIMONIALS:

*“Tzeli has a strong and clear passion when speaking about often difficult subjects. I admire her ability to connect with her audience in an infectious way that inspires her audience to question themselves like never before. Tzeli speaks in a straightforward, meaningful way that touches a part of you and remains.”*

**Martin Dougan, former CEO, AIDS ACTION, UK**

*“Tzeli has a captivating presence about her. She exudes passion and expertise in her field and you want to know what she has to say. She has a knack for taking complex concepts and breaking them down into manageable pieces. Tzeli strives to impart her wisdom and knowledge for you to take with you.”*

**Lisa Ordway, Novartis Pharmaceuticals**

*“I always learn something new about physical and mental health when I am in Tzeli's audience. She is a very knowledgeable and engaging speaker. Her knowledge and ability to touch her audience through stories impacts both the quality and length of life of the audience members.”*

**Gary McKinsey, 2014-2015 President, National Speakers Association**

### To book Tzeli and bring Myndzen to your organization contact:

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### Follow Tzeli and Myndzen:

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