

## About Tzeli Triantafillou

Tzeli Triantafillou is a scientist, toxicologist, speaker, author, corporate healthcare veteran, and the founder and CEO of Myndzen, a wellness business focused on teaching professionals how to manage stress to restore a healthy work/life balance and reduce burnout and employee disengagement.

Tzeli's passionate search for ways to reduce the toxic impact of stress began at the age of nine, when she began to study science and the philosophers of her native Greece. She continued her studies of bio-chemistry and toxicology at the University of Hull in England. While working on her Ph.D., Tzeli performed research which resulted in the synthesis of five drugs to fight cancer. Tzeli then pursued an eighteen-year career in the pharmaceutical industry in corporate America where she garnered a myriad of awards for outstanding performance in corporate healthcare sales, leadership, and training. Her accomplishments included leading a district of seven specialty representatives from last place to first place in the nation in her first year as district sales manager; achieving a zero-turnover rate in her district in a year when her company lost fifteen percent of its employees; and creating a climate in her district that was evaluated as "ideal" by her peers, direct reports, and managers.

This success came at a personal cost, however, when she faced significant health challenges of her own due to chronic stress and realized that she had not applied her extensive knowledge to her own life. It was out of this realization that Tzeli founded Myndzen—a healing resource for other professionals suffering from the effects of stress and burnout. Tzeli used the same critical thinking

that allowed her to synthesize cancer drugs in the laboratory to develop dynamic and practical solutions that effectively address burnout and disengagement at work and at home. Tzeli's programs allow participants to intercept the toxic impact of modern stress, using resources that are within their control. She backs up her programs with her scientific knowledge, including the latest in brain research and neuroscience. Tzeli brings together science and the everyday experience of human beings in meaningful ways that help us reconnect with our best, most powerful self.

In her presentations, Tzeli provides compelling perspectives, insights, concepts, and tools that illuminate the “how” to defeat life’s toxicity and be your best self, no matter what life throws at you. She brings science to life by re-acquainting you with your own amazing internal neurobiology and shows you how you can train your brain to help you deal with stress and burnout. Although you may not always have the ability to control challenging aspects of your professional and personal life, you will be offered practical ways to adjust your responses and minimize the impact of those situations. You will walk away with a renewed sense of self-awareness and self-compassion and practical tools to protect you from burnout and disengagement.

Tzeli’s personal passions include volunteering in the community and spending time in nature hiking and swimming. She has been a long-time volunteer and advocate for equality with non-profit organizations including Sharing Parents of Sacramento and Greenpeace and is a court-appointed child advocate for abused children. Above all, Tzeli is passionate about her daughter and all of the exciting adventures that they have together, including cooking, hiking, painting and crafts, and organic gardening.

In addition to her B.S. in Bio-Chemistry and Toxicology from the University of Hull, Tzeli is a graduate of the National Speakers Association Speakers Academy, holds a Wellness Coaching Certification from the Integrated Wellness Academy, and is a certified Compassion Fatigue Specialist.

Tzeli is a scientist with heart at your disposal, who suffered great health consequences from chronic stress and burnout and is passionate about developing and sharing practical, science-based solutions for stress and burnout with you and your employees.

To learn more about Tzeli 's work or to book her to speak please visit her website at [myndzen.com](http://myndzen.com)