



Anna S. Choi

Keynote Speaker | Business Coach
Conscious Business Coaching

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Signature Keynote Topic: 5 Secrets to Reclaim Your Energy to Prevent Burnout

Do you struggle with managing negative energy?

Do you feel like your energy is fragmented?

Are you worried you'll burnout working nonstop?

Audience Members will Learn:

The ALIVE model to Reclaim Your Energy:

- Identify where to double down on on your yin versus yang
- Discover how to make decisions using your 3 inner advisors
- Experience energy management hacks to keep you in flow

Audience:

Conscious Business Leaders: Entrepreneurs, Small Business Owners and Professionals

Why Anna is Right for Your Upcoming Event

Energizing, insightful, and inspiring, Anna delivers high impact in depth experiences through her talks with audiences and is a joy to work with delivering talks on time, prompt responses, providing you what you need to make a memorable experience for the members of your audience--who will be inspired to take action.

Anna Sun Choi, CEO & Founder of Conscious Business Coaching, started out as a broke art major with zero experience or connections.

In 5 years, she started and sold her first business as a socially responsible financial planner grossing six figures by age 25.

The next decade, Anna served on faculty as 1 of 182 leadership program leaders for an \$80 million global enterprise.

Burned out from the hustle and grind, she pursued energy mastery since 2014 as a taekwondo martial artist, body and brain yoga instructor and educator, and Flow Consultant to help her clients prevent burnout as they scale their company.



"Exceeded all expectations! What a thoughtful, inspiring presentation."

"Wow! I am touched, moved and inspired!"

"Valuable, relatable and potent practices..."

"Your talk really impacted me ..."

Offerings and rates

2 hour Workshop

Keynote address

Half day seminar

Full day seminar