**"Harness the Power of Mindfulness" Presenters**

Jonathan Ellerby, PhD

Jonathan's consulting work shines in the areas of innovation, leadership development, change management and wellness. Jonathan has led mindfulness training for 20 years, and is the author of the international best-sellers "Return to the Sacred," and “Inspiration Deficit Disorder.” Previously the Spiritual Program Director for the famed Canyon Ranch Resorts and the founding CEO for TAO Inspired Living, Mexico, his unique perspective has been sought after by numerous media outlets including the New York Times, the Yoga Journal, Larry King Live, the Martha Stewart Radio Show, and BetterTV.

Jonathan lives in Louisville, Colorado and with his wife and two amazing kids. Nature and the outdoors are huge passions in his life. His innate “chillness” comes from his Canadian roots.

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Ginny Castleberry

Ginny has 20+ years’ experience in business, working for a variety of companies, from Fortune 10 to less than 10 people, from oil & gas to med mal insurance. She has a BS in Finance and an MBA in Entrepreneurship. She brings her numbers background into the operational arena for small businesses, leading teams and projects to help companies grow. Her side-hustle is public speaking, both up on the stage and coaching individuals to become better speakers.

For three decades, Ginny has studied yoga, meditation, tai chi, Nia, and other mindfulness practices. She is fascinated and encouraged by the latest science which shows how mindfulness can help us not only in our personal lives, but in the workplace as well. Ginny is an almost-native to Colorado, with 25 years in Denver. Her husband and 9-year old whirling dervish of a daughter are big advocates of her mindfulness practice and the calm it usually brings to the house.

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