



## **MINDSHIFT LEADERSHIP**

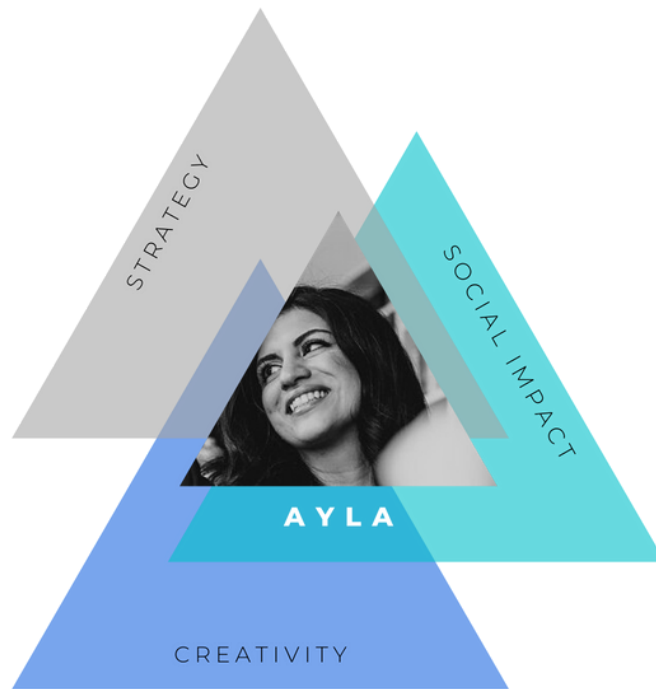
We train you to master leadership. As Certified Brain-Based Executive Coaches, with backgrounds in medicine and management, we combine the neurosciences, psychology, strategic planning, and mindfulness techniques to empower leaders and their teams. We believe that when leaders master their mindset they cultivate transformation — for themselves, their teams and the community.

Our heart-centred, evidence-based, and mindset-powered methodology facilitates transformation from the *inside-out*.

## **THE MINDSHIFT DIFFERENCE**

We focus on integration. That means results that last and grow with you, and your team. We know leadership is not one-size-fits-all, and neither are *you*. We focus on delivering high-quality curated learning experiences to transform the way you and your team think, create, connect, and lead. The future of leadership must prioritize inclusion, mental health, and performance optimization, and that's what we train you to do.

[Discover more here.](#)



## **AYLA VEJDANI, MA, ACC**

Ayla is a leadership expert, intuitive strategist and a Certified Brain-based Executive Coach. She leverages her extensive experience and education to train leaders to lead from a place of personal power, with integrity and impact.

[Learn more here.](#)

## **SELECTED TESTIMONIALS**

*"wise, experienced, powerful..."*

*"Ayla is very powerful. Extremely well-spoken, great listener, provided great quality responses to tough questions. Honest, compassionate yet bold — truly the definition of a leader."*

— Dr. Shalini Bhat, Founder of The Movement Boutique

*"My day was filled with personal insights, followed by applicable action-based steps. It offered a path to dealing with the inevitable personal blocks and resistances that arise in any creative endeavour and Ayla did so through compassionate leadership and facilitation. I can't recommend her enough!"*

— Sonja Seiler, Founder, Nurture Retreats

*"Ayla is obviously very seasoned at putting into perspective and understanding how to guide conversations to be direct and understanding in the same breath."*

— Dr. Marcy Sanderson, DC, Founder and Clinic Director, Align Health Centre

[Read more here.](#)



## DR. **YASHAR** KHOSROSHAHI, ND (INACTIVE), ACC

Yashar trains high-performing leaders to strengthen their mental emotional foundations through mindset coaching. He is a TEDx speaker on the power of self-compassion, featured guest in Dr. Mark Hyman's Broken Brain Series, a sought after public speaker, and leadership consultant. [Learn more here.](#)

### SELECTED **TESTIMONIALS**

*"knowledgeable, compassionate, engaging..."*

*"Yashar walks his talk and comes from a place of wisdom and gained experience. He empowered me to move forward with confidence and enjoy the ride. I would highly recommend him to anyone who's willing to put in the work to uncover the natural leader within themselves."*

*– Corinne Korytkowski, Brand Strategist. Futures Thinker. Content Creator*

*"I love Yashar's style! Very inviting, warm and confident! I really appreciate the balance between the scientific research and the engaging, thought-provoking activities."*

*– Una Wright, Founder, YouthSpeak Performance Charity*

*"Yashar packages a great deal of information into his presentations. He provides leaders tools for top performance and guides them to priceless insights."*

*– Jonathan Cinelli, Manager, Ozz Electric Inc.*

[Read more here.](#)

## OUR SERVICES

Are you looking for a different kind of leadership development and team-building? Where ambition doesn't override wellbeing. Where colouring outside the lines is encouraged. Where joy works in tandem with impact. Are you the type of leader tired of the one-size-fits-all leadership model? Are you the type of leader who knows that: leadership development has to optimize the whole self; that team-building is more than trust falls and post-it games; that community deserves better than superficial feel good messaging. You want a *shift* in leadership. We are that *shift*.

We offer services for the [individual leader](#), the [team](#) and for your [events](#) and community.

[Learn more here.](#)

## IN THE MEDIA

We love real talk. We're all about "full-fat" conversations, authentic connections, and deep-dive transformation. We've had the honour of being featured on a variety of podcasts, documentaries and publications; including but not limited to TEDx, Dr. Mark Hyman's Broken Brain Docuseries and The Broken Brain podcast.

[Discover our work here.](#)

## SELECTED TESTIMONIALS

*"I have spent tens of thousands of dollars in coaching and I got more out of these two days than I have in almost all of my other investments."*

— Dr. Marcy Sanderson, DC, Founder and Clinic Director, Align Health Centre

*"Ayla and Yashar are the PEOPLE I want to be doing this work with. They are two of the most genuine people who can take a super diverse room and bring us all back to what matters when it comes to being true leaders. The program is worth every penny. I am still discovering new layers that they cracked open in me as a leader."*

— Dr. Shalini Bhat, Founder of The Movement Boutique

[Read more here.](#)

# DIGITAL ARTWORK + **BRANDING**

Company name:

**MIND***SHIFT* LEADERSHIP

Written in ALL CAPS. When possible: **MIND** to be bold, *SHIFT* to be italicized, as above.

- Main font: "Montserrat"
- Accent font: "Mindset"

## LOGO OPTIONS



## COLOUR CODES

- Teal: #1ecbe1
- Cobalt: #1e6ae1
- Gray: #a6a6a6

## CONTACT INFORMATION

- [hello@mindshiftleadership.com](mailto:hello@mindshiftleadership.com)
- [www.mindshiftleadership.com](http://www.mindshiftleadership.com)