



Vidyamala Burch OBE

Keynotes

Speaking

Workshops

www.vidyamala-burch.com





About



Vidyamala Burch OBE is a global mindfulness and compassion teacher, coach, speaker and award-winning author. She injured her spine at 16, and since then has lived with severe chronic pain and partial paraplegia.

When in hospital in 1985 she learnt to meditate and it changed her life. Realising that she could change her experience through turning towards it instead of fighting it, she reclaimed her life. Instead of mourning her future, she flourished in a new one.

She started teaching meditation and mindfulness to others living with pain, illness and difficulty, and went on to develop her Mindfulness-based Pain & Illness Management (MBPM) approach which has reached over 100,000 people globally. Vidyamala is now recognised as one of the most influential disabled people in the UK, is an honorary member of the British Pain Society, a policy advisor with the Mindfulness Initiative and the Global Compassion Coalition, and in 2022 was awarded an OBE for her services to pain management and wellbeing.

Her mission is to pass on the simple yet transformative tools that have helped her to live a richer, fuller and more meaningful life.

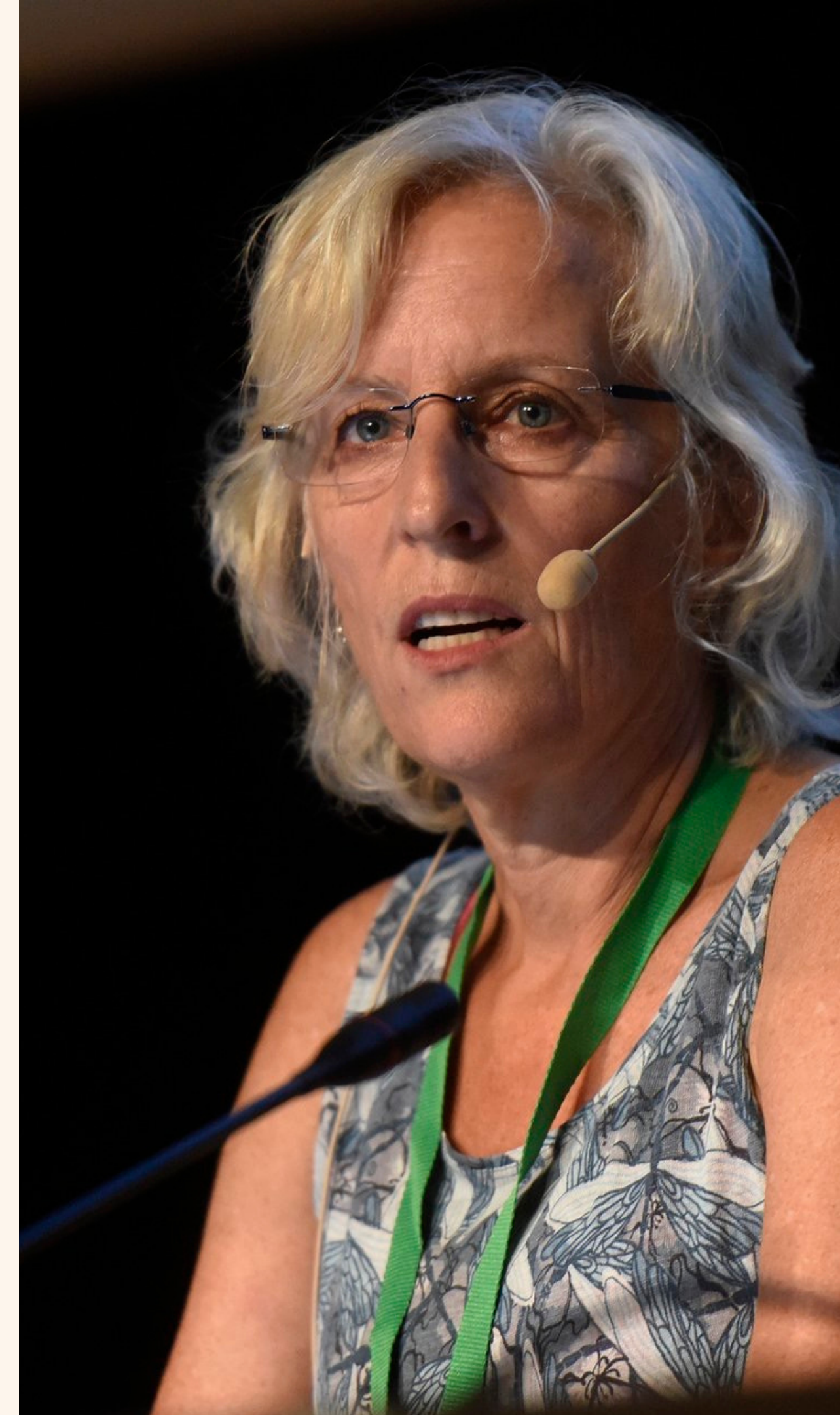
Keynotes

Vidyamala speaks at conferences, seminars, events and corporate development days.

Known for her honest and down-to-earth approach, Vidyamala draws on her own personal journey of going through immense challenges to share the simple yet transformative method that has allowed her to lead a life of growth, resilience and peace.

Her positive outlook and quest to live more fully in the present moment has inspired thousands to train with her in managing their pain, illness, depression and anxiety.

She has been featured in the BBC, Huffington Post, Radio New Zealand and Ruby Wax's best-selling audiobook *No Brainer* among others.



Past Clients Include...



Dr Fazia Pask

Principal Clinical Psychologist, Defense Medical Rehabilitation Centre, Joint Forces Command, Ministry of Defence UK



"Vidyamala delivered a teaching session to us working in rehab in the military on how to use mindfulness to manage persistent pain. The fact that she was so open and honest about her own experience of adjusting to and managing persistent pain gave what she presented real validity. She had loads of helpful strategies to share with us professionals and gave us much food for thought on how to improve our current ways of working to be more mindful of the challenges that persistent pain presents. I would highly recommend having Vidyamala speak with you if you work with people with long term health conditions."

Elvin T. Lim

Dean, Core Curriculum at Singapore Management University



"Vidyamala Burch delivered an inspiring lecture to our students, faculty, and staff. Armed equally with the science and experienced knowledge of what she advocates, Vidyamala made a compelling case for the value of meditation in all our lives."





Vidyamala's Signature Talk



From Fighting to Flourishing: Lessons from Mind Training with a Spinal Injury

In her signature talk, Vidyamala shares her inspiring story of becoming a global leader whilst living with a spinal injury. Drawing on her life experiences of chronic pain, meditation and breathwork, Vidyamala describes the four main stages she has gone through in her journey, spanning over four decades, and the key lessons learned along the way:

- 1) Denial
- 2) Bargaining
- 3) Acceptance
- 4) Flourishing

Vidyamala provides simple but transformative breathing practices and mindfulness techniques that can be practiced anytime and anywhere to help bring about greater ease.

Audiences are left feeling inspired and empowered to reduce their suffering and reclaim their lives even in the midst of pain and illness.

Vidyamala also offers a live Q&A at the end of the talk to offer audiences feedback and guidance in the moment.



Other Speaking Topics Include:



Overcoming Adversity

Vidyamala's story has inspired many to free themselves from their suffering. Her personal journey is one of hope that she shares with humbleness, clarity and humour.



Managing Pain & Illness

Hear about Vidyamala's evidence-based Mindfulness-based Pain and Illness Management approach that has helped 100,000 people around the world as featured in her award-winning book Mindfulness for Health



Living with a Disability

Vidyamala feels passionately about changing perceptions about disability. Her work and influence has been awarded by the Shaw Trust Disability Power List for four years running.



Wellbeing in the Workplace

Vidyamala offers teams practical ways to help prevent workplace stress and burnout. Her training provides accessible tools to build resilience, increase happiness and manage pain.



Mindful Leadership

As co-founder of leading international mindfulness organisation Breathworks, Vidyamala's training can create resilience and elevate leadership in the workplace.



Empowering Women

Drawing on her book Mindfulness for Women, Vidyamala addresses the demands of modern day women, and offers simple tools to help them flourish and feel empowered.

Workshops

Vidyamala facilitates workshops for organisations, businesses and charities. In her engaging and educational sessions, participants learn about mind and heart training, whole life health, effective pain management techniques and how to live a more mindful and fulfilling life.

Workshops can be tailored to suit an organisation's size and needs. Past workshops include:

- How to move from Resistance to Resilience
- How to Breathe for Ease
- Managing Pain & Illness
- Mindfulness for Women
- Mindful & Compassionate Leadership
- Mindfulness for Long COVID



Example Rundown:

Presentation
Guided reflection
Exploration
Group work
Q&A

What are the benefits?

- Learn from one of the global leaders in mindfulness
- Learn simple yet effective tools that can change your life
- Learn to harness the power of your mind
- Learn how to cultivate kindness and care towards yourself
- Learn how to live one moment at a time and savour each present moment
- Learn how to move from isolation to connection when struggling with difficulty
- Learn to thrive, not just survive, while living with health challenges
- Learn to manage hardship - whether its pain, stress or difficulty - with confidence and ease



Praise



Jon Kabat-Zinn

Founder of Mindfulness-Based Stress Reduction

"I admire Vidyamala tremendously. Her work could save your life - and give it back to you"

Rick Hanson

Senior Fellow, UC Berkeley's Greater Good
Science Center

"Vidyamala's work is absolutely brilliant, grounded in both deep science and her own deep realization. It's the most effective approach I know for easing physical pain through mental practices."

Ruby Wax

Presenter, Best-Selling Author

"Vidyamala is an amazing woman. When I interviewed her I never saw her flicker in pain, not once. She just sat there and glowed."

Jeremy Hunter

Co-founder, Executive Mind Leadership Institute
at The Drucker School

"Vidyamala possesses an authority that demonstrates the mind's potential to transform pain into love, wisdom and radiance."





**"Train your mind to work
with you, not against you."**



Get in touch to book Vidyamala for a keynote or workshop


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