


A black and white photograph of a woman with long dark hair, smiling and sitting on the floor. She is wearing a light-colored button-down shirt with rolled-up sleeves and dark pants. Her right hand is resting on her head, and her left hand is resting on her knee. The background is a plain, light-colored wall.

# ALEX LOMBARDI

## SPEAKING GUIDE

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SPEAKER • STRATEGIST • FOUNDER OF THE BRAIN EDIT™



Alex Lombardi isn't here to repeat what you've already heard about recovery. She's here to rewrite it. A three-time traumatic brain injury survivor, published author, award-winning speaker, and the founder of The Brain Edit™, Alex built her philosophy out of survival: lifestyle as medicine. She blends neuroscience, wellness, and lived experience to give audiences a framework that turns daily choices into tangible progress.

### Who She Is

For over a decade, Alex has curated practical, real-world tools for rebuilding after brain injury—simplifying nutrition, reducing decision fatigue, rebuilding habits, and designing supportive systems so change becomes doable. She is the host of **The Enriched Podcast** and author of **What You Build From Here**, a collection of strategies and stories for life after brain injury. Through keynotes, workshops, and Q&A-driven conversations, Alex equips survivors, caregivers, and professionals with actionable steps to restore **health, habits, and identity**.

### Why Alex?

Alex knows what it's like to lose everything that once defined you. Three traumatic brain injuries forced her to watch the success she built disappear overnight and rethink the way she worked, lived, and even saw herself. What began as survival turned into a decade-long experiment in rebuilding: testing nutrition strategies, refining daily systems, and reimagining what success really means.

Out of that journey came **The Brain Edit™** — a lifestyle-first approach that proves recovery and high performance are not opposites. They're built from the same foundation: daily choices.

Today, Alex doesn't just tell her story. She takes audiences beyond theory, blending lived truth with neuroscience and practical tools so every listener walks away with a new way of seeing themselves — and a system to match. Whether they're CEOs fighting burnout, women redefining success, or survivors ready to live again, her talks move people from exhaustion and uncertainty into clarity, action, and sustainable results.

Founder: The Brain Edit™ — a lifestyle-first movement for brain recovery

Author: What You Build From Here (resources to rebuild after brain injury)

Host: The Enriched Podcast

Experience: 10+ years in business and wellness, with award-winning speaking

*“You don't owe the world a comeback — this time you're rebuilding for you.”*



# WHAT AUDIENCES CAN EXPECT

- *Interactive, dynamic sessions (live Q&A, reflective prompts, simple micro-exercises)*
- *Science-informed and story-driven teaching that meets people where they are*
- *Immediate implementation: clear steps participants can use the same day*
- *A grounded, hopeful tone: no fluff, no false promises—just what works*

## IDEAL AUDIENCES

Alex's speaking is designed for audiences who crave more than survival—they want to thrive, lead, and live fully again. Whether in a podcast, a wellness retreat, or on the stage of a global conference, Alex bridges science and story to create transformative conversations that leave participants motivated and equipped to take action.

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- Brain Health Communities – survivors of concussions and TBIs, caregivers, and rehabilitation networks looking for actionable, lifestyle-based recovery strategies.
  - Wellness & Lifestyle Conferences – events focused on health optimization, biohacking, mindfulness, and holistic performance.
  - Podcasts & Media Platforms – conversations on resilience, identity, productivity, and lifestyle design.
  - Women's Leadership & Entrepreneurial Groups – ambitious women who want to integrate wellness and strategy for sustainable success.
  - Corporate & Professional Organizations – employee resource groups, leadership trainings, and companies seeking strategies for peak performance without burnout.



## SIGNATURE KEYNOTE

# THE BRAIN EDIT: A LIFESTYLE-FIRST APPROACH TO HEALING

This isn't another lecture on recovery — it's a dynamic, interactive wake-up call. In The Brain Edit, Alex takes audiences inside the collapse that changed everything and reveals the daily shifts that rebuilt her life.

Blending story with neuroscience and practical tools, Alex proves lifestyle isn't a side note in recovery or performance — it's the missing variable. Audiences leave with more than inspiration: they walk away with a framework to edit their own health, habits, and identity.

“If you're not talking about lifestyle,  
you're not talking about recovery.”

### Key Takeaways:

- Rewrite recovery: Shift from surviving to rebuilding with lifestyle at the center.
  - Nutrition as medicine for the brain
  - Systems that simplify time and decisions
  - Nervous system tools to create safety and focus
  - Habits that make change stick
- Reclaim energy: Build systems that protect your time, streamline your routines, and restore focus so you can perform without burning out.
- Reset identity: Where who you are and what you do intersect — so results become inevitable.



# ADDITIONAL TOPICS & TALK DIRECTIONS

While Alex's signature keynote anchors her speaking, event hosts can customize experiences by choosing from additional modules and themes, drawn directly from The Brain Edit™ framework:

## **Embodied Action**

- Success isn't only about what you do, it's about who you are while you do it. This talk explores the intersection of identity, character, and action—showing audiences how embodying their desired future self transforms every habit and outcome.

*"You don't become her. You build her."*

## **Designing Days for Peak Performance**

- How to set up your day, routines, and habits for sustainable peak performance—maximizing energy and focus without sliding into burnout or overwhelm.

## **Food as Medicine**

- Food as brain medicine: realistic, accessible strategies to nourish cognitive function and support long-term healing.

## **A Masterclass in Habits & Systems**

- Take a masterclass in rebuilding routines and systems that actually stick. Alex shows how to design structures that create freedom, clarity, and momentum—without the rigidity of "perfect" planning.

*"Precision is freedom."*

## **Somatic Integration Practices**

- Beyond the mind: practical, body-based tools that help audiences regulate the nervous system, reduce decision fatigue, and cultivate safety in their own bodies as a foundation for healing and growth.

## **The One Thing for Business Results**

- Drawing on a decade of business mentorship, Alex shares how to cut through overwhelm, focus on the one thing that matters most, and accelerate results in business and leadership—even with limited time and energy. Audiences leave with a proven framework for setting goals and excelling without burnout.

*"It only takes one thing done well to change everything else."*

## BOOK FEATURE : WHAT YOU BUILD FROM HERE

This book is a collection of resources for rebuilding life after brain injury—the exact tools Alex curated and tested to restore her own health, habits, and identity after three TBIs. It's designed as a reference guide readers can return to again and again, pulling strategies for nutrition, routines, habit design, and lifestyle optimization. More than inspiration, it's a manual for taking the next step forward.

Audiences appreciate when Alex weaves resources and frameworks from her book into her keynotes—bridging the written playbook with live, interactive teaching.

## PODCAST FEATURE : THE ENRICHED PODCAST

With powerful solo episodes and conversations at the intersection of brain, wellness, and lifestyle, Alex brings her audience into intimate, actionable dialogue each week. Her podcast has become a trusted space for high-performing women and survivors seeking to optimize their lives without sacrificing what matters most.

Event organizers value that Alex already connects with thousands through her podcast, proving she knows how to translate her voice across platforms and build community through story.

## COMMUNITY FEATURE : THE BRAIN EDIT™ COMMUNITY

The Brain Edit™ is a lifestyle-first recovery community that redefines what it means to heal. Built around the belief that you're not broken—you're rebuilding—it provides members with the systems, tools, and collective support to edit their lives one choice at a time. Through monthly cycles known as The Edit Cycle, members implement neuroscience-backed strategies for nutrition, routines, and identity shifts, while connecting with others who are committed to living fully again.

For event organizers, this community proves Alex isn't just a keynote speaker—she's the leader of a community that continues long after the event ends.

# CONNECT

*Interested in bringing Alex to your stage, podcast, or event?  
Here's how to connect:*

1. Check availability – Reach out with your event date to ensure Alex's calendar aligns.
2. Share your vision – Provide details about your event, audience, and goals so Alex can tailor her talk to your needs.
3. Confirm your booking – Lock in your date and receive a customized outline of how Alex will serve your audience.

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