

# Your Next Best Guest

**Zilla Carina** ✨

**Author | Coach | Speaker**



Meet Zilla, author, certified Coach, and Vedic Meditation Teacher with over three decades of corporate and coaching experience. She holds a Bachelor's Degree in Environmental Science and has mentored and trained over 1,000 individuals across various disciplines. Drawing from her own triumphs over personal challenges, Zilla believes in mastering our thoughts to shape our own life stories.

In her book, "The Scars We Carry," she explores resilience and using adversity as a catalyst for growth. Specialising in mindset, rapid results coaching, and meditation Zilla empowers people to proactively create lives they love. Her dynamic presence and powerful message inspire audiences to conquer challenges and foster positive change in their personal, family and lives and communities.

Zilla's dedication to conscious living and transformation underscores her mission to help others find clarity, courage and success. With a focus on empowering individuals to take charge of their destinies, she leaves a lasting impact by promoting mindfulness and personal growth in practical, actionable ways.

Zilla's dynamic presence and powerful message will leave your audience ready to conquer their own challenges.



## **Zilla's Most Requested Topics:**

### **1: The Scars We Carry Book**

- Break free from denial and unlock your true self
- Use your scars as stepping stones to a brighter future
- Find your superpower and reclaim your life with joy, love, and peace

### **2: Empower Yourself through Vedic Meditation**

- Create a mindset of healing, calm, and growth
- Utilize Vedic Meditation to foster personal transformation
- Develop inner peace and clarity to raise your frequency and realise your dreams

### **3: From Fear to Freedom**

- Transform a life of fear into a life of freedom
- Overcome obstacles and embrace personal liberation
- Cultivate courage and resilience to pursue your aspirations

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