

Vanessa LeMaistre

BRIDGING SOMATIC WISDOM & LIVING SYSTEMS STRATEGY

Speaker | Facilitator | Meditation Guide |
Systems Leader

CAREER SUMMARY:

As a speaker and trained facilitator with an M.A. in Resilient Leadership, my work is deeply rooted in honoring cultural diversity by integrating educational, systemic, and diverse Eastern, Western, and global spiritual contexts. I believe the future of leadership requires bridging bodily awareness with ecological adaptability. By pairing somatic wisdom with a living systems strategy, I guide teams and individuals away from rigid patterns, helping them navigate complexity and unlock deep resilience through a culturally expansive lens.

SPECIALIZATIONS:

- Corporate Communications
- Guided Meditation
- Group Facilitation
- Experiential Exercises
- Culture and Diversity

GET IN TOUCH:

City: Los Angeles
Country United States
Phone: +1-323-649-0770
vanessadlemaistre@gmail.com
LinkedIn:
<https://www.linkedin.com/in/vanessalemaistre/>

CORED OFFERINGS & MODALITIES:

Public Speaking, Theory U, & Culturally Grounded Talking Circles

Engaging large-audience keynotes, panel discussions, and leading-edge living-systems methodologies. Paired with sacred, structured listening circles that celebrate diverse voices, dismantle organizational silos, and co-create future solutions.

- Developed strong understanding of benefits around diversity and a balanced work culture
- Work culture is enhanced as a result.
- Consensus is established through facilitation

Guided Meditation & Sound Healing

Custom mindfulness practices and immersive acoustic experiences drawing from diverse global lineages, designed to settle the nervous system, reduce anxiety, and sharpen deep attention.

- Guided meditation that benefits the individual and the overall work environment, and team connection.
- Sound healing including sound baths, gong meditation, and shamanic drumming which can include a transformational talking circle for work culture understanding.
- Targets the needs of the organization for optimum solution based evolution.

EDUCATIONAL HISTORY:

Naropa University

Major in Resilient Leadership

Class of 2020

Boulder, Colorado

Florida A & M University

Attended May 2005 to September 2009

Major in Public Relations

Tallahassee, Florida