



Taino Bendz

Engineer | Coach | Yoga teacher | Author

*"From corporate conference rooms to the
yoga mat. I strive to always learn, grow,
and help create real transformation f, not
just inspiration"*

About

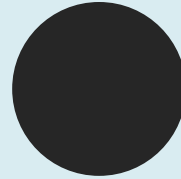
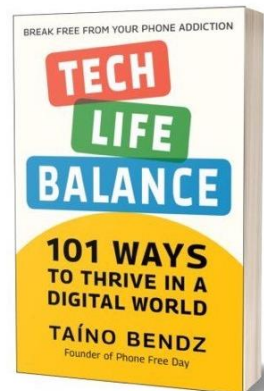
- Father of three beautiful kids, four if you count Mowgli the cat.
- Currently located in Sweden, has lived in e.g. the US, New Zealand, Ireland, Bolivia, Zimbabwe, and travelled extensively.
- Morning routine in different order every day: changing diapers, Wim-Hof breathing, cold shower, meditation, making kids breakfast, dropping kids at school and daycare.
- Motto: raise the energy in every situation that unfolds
- Happily reads fantasy, specifically teen romantacy even though he had no idea that was the genre until his wife pointed it out
- Loves being out in nature, swimming, ice baths, yoga, spending time with family



Work

An overview of work experience

- Business Development renewal energy sector
- Management consultant IT & Healthcare
- Process automation consultant across sectors like retail, insurance, finance, logistics, food
- Yoga teacher
- Basketball instructor
- Professional coach
- Founder of global initiative Phone Free Day
- Key note speaker and workshop facilitator
- Team leader
- Author of "Tech-Life Balance"
- Published researcher



10+ years experience
from corporate
environment *and*
wellbeing work



Worked three years
in New Zealand

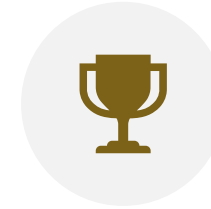


Started own
consulting firm

Training and certifications



M.Sc. in Industrial
Engineering and
Management



Winner of Swedish
division 1 in basketball,
and national team
selection



Certified coach,
trained public speaker



200h RYT yoga
teacher training

What people say

Taíno was awesome to work with and has a very interactive, energetic and exciting style of presentation. Even being 1000 miles away in Sweden when he supported our group he made our times work for him and made interacting on Zoom look easy!

Thanks Taíno and I'm sure we will cross paths again.

- Jay Barrett, Workplace Psychologist

I had the opportunity to hire him on a speaker assignment at Scania. He delivered a likable, inspiring speech on a highly technical subject for a not so easy audience. I can only give my warmest recommendations to Taíno and encourage you to try what he can help your organization to develop.

- Magnus Mackaldener, Oceanbird

With CoastLab, we engaged Taíno as a speaker at our first ever networking event. We wanted something new and engaging and Taíno gave us just that! He delivered an interesting and relatable presentation on technology habits with valuable practical takeaways. He has a personal and humorous approach, and a great ability to make the group feel involved. I am happy to recommend him as a speaker.

- Rebecca Hogefjord, TeamTailor

We engaged Taíno to deliver training workshops on two occasions for a group of around 10 people. His approach is very professional and he is clear and easy to understand, but also relaxed and personal.

The participants were highly engaged and gave excellent feedback. Taíno is highly knowledgeable and has a great way with people.

I have no hesitation in recommending him as a speaker and workshop facilitator.

- Dave Armin, LMAC