



Dr Jannell MacAulay is a combat veteran who served 20 years in the US Air Force as a pilot, commander, special operations consultant, and professionalism instructor. With her innovative leadership style, she was the first leader to introduce mindfulness as a proactive performance strategy within the US military. She continues to consult within the DoD, DoJ, and corporate America delivering keynotes and a high-performance warrior mindset training program, called Warrior's Edge, which she developed with Pete Carroll of the Seattle Seahawks and Dr Michael Gervais. She is a TEDx speaker and mother of two, who is on a mission to help individuals excel in high-stress and rugged environments, by showing them how to lean into each moment to find their best selves.

Command Your **Mindset**

No matter the situation — combat, carpool, or corporate deadline — stress and overwhelm manifest the same way in our bodies. We launch into survival mode, which leads to degradations in our focus, our relationships, and our career longevity. Jannell takes leaders and teams on a transformational journey of self-reflection, leaving you with actionable skills to master your internal environment, command your mindset, and elevate your performance. She will help you live a more present and connected life — increasing productivity, facilitating creativity, and improving performance with your teams both at work and at home.

