



# CARA KOVACS

SPEAKER/FACILITATOR KIT, 2023

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# ABOUT

Cara Kovacs is a third-generation practitioner of healing arts and transformational Business Coach. Named as one of Wanderlust's 2019 **35 Under 35 To Watch in Wellness**, Cara specializes in merging mindset and strategy with practical, trauma-informed coaching that can guide groups and individuals to life-changing breakthroughs with safety, clarity and precision.

Trained as a social worker with a background in feminist theory, Cara has been coaching in private practice for 5 years. She brings revolutionary leadership to entrepreneurship, wealth building and personal empowerment. As a speaker, Cara has been touted "The best facilitator we've ever experienced" (featured at Wanderlust, The Alchemist Kitchen, Soho House, The Wing, New Women Space etc) as her candor and knowledge push edges while keeping it very real.

As the founder of Moon Crew (a full moon club that ran the duration of quarantine) her community spanned 5 continents and raised over \$15,000 in mutual aid for Covid-Relief and racial justice funds. An activist, community builder, and an artist, Cara's work transcends coaching or facilitating and creates genuine experiences that people never forget.



# LIFE-CHANGING CONVERSATIONS

## *SAMPLE SPEAKING TOPICS*



### **MAKE MONEY MOVES - WEALTH BUILDING FOR MARGINALIZED FOLX**

Most of us adopted our beliefs about wealth, success and abundance from our upbringing. And more often than not we are carrying the heaviness of stories that are not even ours. They get in the way of us scaling our dreams to their full potential...which in turn robs the world of what is most needs: the magic that can only come from someone fully connected to and in belief of their purpose and mission. In this talk we will look at the core ideologies we tend to inherit when it comes to wealth trauma and build a personal wealth consciousness narrative that supports us in not only making more money, but doing good with it in the world.

### **BUSTING THROUGH SUBCONSCIOUS BLOCKS**

All of us are inherently worthy of creating fulfilling lives of purpose. Whatever your heart desires—true love, a successful business venture, liberation from oppressive thought patterns and narratives, or even simply deeper self love...the way we achieve these things is ultimately the same. Most people look outside of themselves to create this change, but the origin of these stories is our own thoughts and beliefs. Participants of this workshop will walk away having fundamentally shifted a core belief that is getting in the way of them getting what they want. They will leave inspired to take action that is rooted in self love.



# CEREMONIES

Cara is a master ceremony facilitator who has been co-leading Reiki circles with her mother for over ten years. Her monthly moon club raised over \$15,000 in mutual aid and was a spiritual haven for over 250 people during quarantine. Whether it is a moon circle, meditation, healing circle, or customized to meet the astrological moment or needs of your space, Cara is available to host circles and ceremonies that create the space for collective magic.



# TESTIMONIALS



**SARAH C, CREATIVE COACH**

"Cara supported me with gaining clarity on my values and then reinforcing them, while purging the stuff that gets in the way of success. The best part is that the benefits are exponential and ongoing; there are lessons, strategies, and people that will be accompanying me and my journey long after our work together ends. I feel like I invested in the rest of my life."



**KATE BELEW, WRITER & POET**

"Cara showed up to this commitment with both love and strength, the ability to hold space, bring in additional teaching resources, and build a community network of support. Our work was a catalyst for the future of my work, and a way to reach back into the past. The perfect facilitator that combines witchiness and business wisdom. Thank you, Cara!"



**SARA D, ACTIVIST/ ENTREPRENEUR**

"Cara has made a believer out of me. Prior to her ceremonies, I had never done anything like it. She firstly made me feel safe and heard, and walked me through what was an emotionally intense process with effortless finesse. I feel so lucky to have gained the tools she's provided me, I loved the insights I received and know I'll be using these tools in my everyday life forever."



# SAMPLE PODCASTS & PUBLICATIONS



## PODCAST | BUSINESS AS A MAGICAL PROCESS

Sam chats with Cara Kovacs, 3rd generation healer and empowerment coach, about being a woman entrepreneur, her journey to understanding her core mission, why opening yourself up to be of service is a good business decision, and so much more.



## PODCAST | MAGICK & ALCHEMY

For the second installment of this five-part Witchy Business Series, Cara shares how she found clarity on her path and purpose. They talk about embodiment, the Witch wound, moon magick, and what it takes to build a company rooted in your spirituality.



## BUSINESS WITCH

Cara's top-ranking podcast features incredible guests, inspiring solo episodes, and a true wealth of information for every astrology-loving entrepreneur on the internet. Covering everything from sales and marketing to visibility and the trauma as it relates to business building is covered in this space.



LET'S CHAT!

# GET IN TOUCH WITH ME

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