KAREN MILLSAP
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James is a world-renowned best selling author, communications expert and the CEO of EQ Communications Inc. Over the last three years James has circled the globe seven times and shared the biggest stages with the worlds biggest names. James has worked with and shared the stage with Anthony Robbins, Les Brown, Rudy Giuliana, Steve Forbes, Sir Richard Branson and many more!

JAMES MACNEIL

TARA GIDUS

Tara is currently the Team Dietitian for the Orlando Magic and Nutrition Consultant for the University of Central Florida Athletics as well as the "official nutritionist" for run Disney endurance events. Tara is the author of Pregnancy Cooking & Nutrition for Dummies and Flat Belly Cookbook for Dummies. She helps senior executives from Fortune 500 companies manage their energy in her role as a nutrition and movement coach at the Johnson & Johnson Human Performance Institute.

Sonya has transformed thousands of lives globally with a compelling, empowering and compassionate style that leaves you with an intelligent awakening. She leads you in exploring your truth, finding and unearthing your authentic purpose and resonating with your innate wisdom. As an elite master of B.E.S.T. (bio-energetic synchronization technique), Sonya will lead you from confusion to clarity, frustration to hope, anger to love with knowledge and action principles guaranteed to alter your life.

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