



Wendy Soderman

- Certified Mindful Instructor
- Certified Meditation Teacher
- Dynamic Motivational Speaker
- Transformative Educator & Business Leader

"Wendy is proof that we can all live an extraordinary life." Kenny Loggins



"Wendy's IDEAL vision of creating a mindful generation is remarkable!" Goldie Hawn

Wendy Soderman is a visionary, who lives a mindful life and believes every day is a journey of endless wonders and discoveries. Wendy travels the world sharing her heartfelt personal story to companies, social clubs, organizations, churches and schools. As a meditator, Wendy is an example of the life enhancing benefits of meditation.

Her informative meditation workshops and passionate presentations empower audiences of all ages and backgrounds with transformational techniques on how to have an authentic "soul centered" life. Wendy's meditation classes are aligned with making mindful well-being, a core element in one's personal and professional life. After participating in one of Wendy's inspirational talks or meditation workshops people are inspired to integrate positive, in the moment awareness behaviors and daily meditation practices to create their own authentic life journey.

Celebrated Accomplishments

- Presenter and Workshop - Marjory Stoneman Douglas Day of Hope and Healing
- Keynote Speaker - New Life Expo For Rejuvenation: Enlightenment
- BNI Leadership Conference: https://youtu.be/vVzhq4_eVCs
Topic- Creating a Mindful Personal and Professional Life Above the Line
- Wellington Chamber of Commerce Luncheon - Shift Happens- Creating a Mindful Workplace: <https://youtu.be/ydmxxbiOHp8>
- Wendy's life story on A&E Documentary "Between the Lines" narrated by Robert Downey Jr., featuring Grammy award winning Kenny Loggins: <https://youtu.be/LvNUI-4xiqo>
- Key Speaker of Life Success Motivational Lecture Series along with- Bob Proctor and Rev. Michael Beckwith, from the Secret
- Life Story featured in NBC Emmy award winning documentary "Virtues in Action"
- Huffington Post and People Magazine Feature
- Life story featured in Miami Ink
- Founder of IDEAL SCHOOL of Leadership (est. 1993) and Breathe Modern Meditation (est. 2017)