



GAIA BRODA

The Misalignment Expert
Leadership that Doesn't Cost You Yourself

About Gaia

Gaia Broda is a keynote speaker, advisor, and host of Beyond Meds — a podcast with nearly 5,000 subscribers challenging conventional thinking around performance, leadership, and human potential. Her work sits at the intersection of biology, self-awareness, and personal agency, and she brings that lens directly to the leaders in your room.

Her message was born from experience. After years of high-achieving in corporate while quietly falling apart — constant exhaustion, a body paying the toll, and the particular frustration of working twice as hard for the same results — Gaia discovered that the problem was never capability. It was misalignment. Navigating ADHD medication-free demanded she go deeper: into nervous system regulation, into biology, into the patterns underneath the performance failures. What she found became the foundation of everything she teaches. She has spoken on various stages and works with leaders and organizations who are ready to stop managing themselves and start building from what's irreplaceable in them.

The Alignment Advantage: Leadership That Doesn't Cost You Yourself

High-performing employees are often the first to quietly disengage — not because they lack capability, but because they've become misaligned with how they work, what they value, and how humans are actually designed to perform. This interactive session gives leaders a practical framework for identifying the hidden drivers of burnout and disengagement before they become retention problems. Participants leave with greater clarity on where misalignment exists within themselves and their teams, and one immediate action they can implement the same day.

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 **10K+**
Monthly Views

 **5K+**
YouTube Subscribers

Beyond Meds Podcast
[YouTube](#) | [Spotify](#)

The Alignment Advantage

Participants will receive three take-home tools: the Alignment Gap Framework, an Alignment Audit Worksheet, and a Sustainable Performance Action Planner — designed to extend the work beyond the room and into everyday leadership.

Format: Keynote or workshop | In-person or virtual

Length: 75 minutes

Audience: Leaders, managers, HR professionals, and high-performing teams. *Can be customized to employees at all levels.

Includes: Guided group reflection, peer discussion, and individual action planning

Why Your Best Efforts Are Exhausting You:

& Science-Backed Approach to Working With Your Brain, Not Against It

For fast-minded leaders who have tried every system and productivity hack and are still exhausted. This talk reveals why: pushing harder was never the fix. It's capacity. When your brain's capacity is depleted, focus scatters and finishing what you start gets harder, no matter how disciplined you are.

Attendees leave with four science-backed shifts:

- Wake-up with a sharper mind without spending dollars on supplements
- How to fuel your brain and beat the 2pm slump
- How to stay strategic when everything feels urgent
- How to stop running out of energy before your day is done

"It shone a light on something so many high-performing women quietly experience: using titles and labels as a crutch for misalignment... Her talk felt like permission to stop trying to become a more optimized version of someone else and start listening to yourself again."

– Rebecca Vigelius, Executive Advisor & Capacity Coach

Format: Workshop | In-person or virtual

Length: 75 minutes

Audience: HR professionals, ERGs, neurodiversity-focused teams, leaders and high-performers with ADHD traits

Perfect for: Organizations ready to move beyond surface-level wellness initiatives into real, sustainable performance strategies.



Worked With:



Heard On:

- *Limitless* with Fiona Walsh
- *The Savvy Shift*
- *ADHD Women's Wellbeing*
- *Balancing Hormones Naturally*

- *Well* with Lisa Salisbury
- *LollieTasking* with ADHD
- *Hacking Your ADHD*
- *ADHD reWired*
- ... and more!



What People Are Saying

"Gaia was a pleasure to work with – warm, attentive and collaborative at every turn. She took the time to listen to the needs of our Employee Resource Group with care and consideration, and customized her workshop content accordingly, helping design an engaging and insightful hour filled with candid reflections, open dialogue and actionable next steps. We're grateful to Gaia for helping us better understand resiliency through an ADHD lens."

– Emily D, DEI Program Manager, BCAA

"You could really feel the shift in the room's energy as she spoke; people weren't just listening, they were seeing themselves in her stories... I'd highly recommend her for any entrepreneurial summit or leadership retreat where the audience is ready to trade constant friction for a more sustainable, aligned way of working."

– Mandi Brix, Event Strategist & Founder, Crème de la Show Inc.

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– Sharon Nickel, Corporate Partnerships Specialist, City of Abbotsford

Get in Touch

 gaia@gaiabroda.com

 www.gaiabroda.com

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