

One of the World's Leading Coaches  
Mindfulness Mentor  
Bestselling Author  
Inspiring Teacher



**DRAYTON BOYLSTON**

## Interview Topics and Questions

- 🎯 **The Mindful Leader™** - How mindfulness and emotional intelligence can help transform individuals and organizations. Meditation helps creativity, decision making, and fosters better communication. According to Harvard: *Mindfulness should no longer be considered nice to have. It's a must have.*
- 🎯 **The International Mindfulness Federation™** - The purpose of this groundbreaking organization. Why it is so desperately needed right now.
- 🎯 **Active Exec™** - The world's first experiential coaching program. How blending athletics, neuroscience/mindfulness training, along with group coaching, leads to transformational experiences for individuals.
- 🎯 **Profits through Purpose™** - How organizations can dramatically improve profits by aligning their people with their purpose. Worldwide workplace engagement is only 11% and is costing organizations over \$362 Billion a year!
- 🎯 **The Stress Slayer™** - Using mindfulness to slay your mayhem. Stress is costing U.S. businesses over \$350 billion a year! What is causing this and, more importantly, what can be done about it?
- 🎯 **Coming UnScrooged™** - *Corporate Rescue and Redemption*  
How organizations can *UnScrooge* themselves and help their employees *save themselves from the lives they've created™*.

Drayton may be reached at: [Support@ExecutiveCoachingUniversity.com](mailto:Support@ExecutiveCoachingUniversity.com)  
1.970.672.1900

# Interview Questions

1. What is Mindfulness and why is the topic so popular?
2. Explain how meditation helps people.
3. Is meditation hard? How do you do it?
4. What is the International Mindfulness Federation?
5. Is meditation religious?
6. How can mindfulness benefit organizations?
7. Who are some of the people that meditate?
8. What organizations have benefited from mindfulness training?
9. How can organizations gain profits through purpose?
10. Tell us about your Active Exec program.
11. What is experiential coaching?
12. What does an Active Exec session look like?
13. Why is slaying stress such a big deal?
14. Why do 75% of people wish they had another job?
15. 85% of all illness is stress related. What can we do about it?
16. What one tool can you tell us about that people can use today to slay their stress?
17. Why does everyone need to find some “quiet time” each day?
18. What is the fastest, easiest way to reduce stress?
19. You are a former CEO and Fortune 100 executive. Please explain how you went from that kind of career to being a “Mindfulness Mentor.”
20. How did *Whispers From Your Soul* come about?

Drayton has appeared on, or in, these noted programs and publications:



You can find him on the following Social Networks:



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