



*Our Support, Your Success*



# LAURA GINDAC

Laura Gindac is a trailblazing entrepreneur, award-winning business strategist, and wellness powerhouse with over two decades of transformational impact. As the visionary founder of XQ-SLESS Wellness Support Tribe, Laura has revolutionized how individuals achieve their personal and professional best in just 7 minutes a day—no more excuses, just results.

She also leads OMNI-RISE, where her unparalleled expertise in merging business strategy and wellness is helping organizations and individuals alike achieve unprecedented growth. As the Australian ambassador for Pursuit 365, Laura doesn't just inspire change—she empowers a global audience to rise to wellness in every area of life. Featured in top podcasts and international publications, Laura's influence spans the globe, making her the go-to thought leader for those who want to rise.



[omnirisettraining.com](http://omnirisettraining.com)

MEDIA & PRESS



# Speaker thoughts & Leadership Topics



**Stop the Excuses:** How to Unlock Your Full Potential in under 7 Minutes a Day  
**The Power of Micro-Habits:** Wellness Meets Success Empowering Women **Entrepreneurs to Break Barriers and Achieve Big The Secret Sauce:** Blending Wellness with Strategy for Lasting Success  
**Building an Inclusive, Global Community** that Drives Personal and Professional Growth

## Press & Media Features



**TED Ed:** [Your Excuses Are Holding You Back - and How to Finally Break Free](#)



**How to Rise to the Top with Laura Gindac on Apple Podcasts:** [Apple Podcast](#)



**99:** The #1 Sales Course for the Anxious Entrepreneur on Audible: [Audible Podcast](#)



**YouTube Live:** [Personal Development Q&A](#)



**Pursuit 365 Business Edition:** [Pursuit 365](#)



**Wellness On time Magazine Features**



**Together We Rise Podcast and Book**



**Interview with Laura Gindac:** [Rise in Business YouTube Interview](#)



**Empowering Stories:** [Finding Purpose Amid Adversity with Laura Gindac](#)

# Testimonials & Client Success Stories

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— **SHELLY LYNN HUGES, CEO, PURSUIT 365, CANADA**

"Working with Laura has enabled me to execute a set of personal and business objectives that have improved my skills as an entrepreneur and a leader. She has empowered me to clearly identify the areas on which to focus in order to take my business to the next level. I truly appreciate what Laura has taught me."

## Contact

For press, media inquiries, or speaking engagements:



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"We don't need perfection; we need consistency. Creating healthy habits can start with only 7 minutes a day."

— **LAURA GINDAC**

