

# Viola Edward

Viola is a multiple-award winner, including: - Doctorate Honoris Causa, Aspirational Woman and Outstanding Contribution to Mentoring. She is the author of two books: - “Breathing the Rhythm of Success” 1999, “Who Makes the Bed?” 2017 and co-author of 8 more.

She is the founder of Feminine Capital Forum & Systemic Breathing. Co-founder-owner of Kayana Consulting, GRIT Academy. The Co-creator of the BQ- Breath Intelligence. Viola also sits on the boards of several magazines and NGO’s and serves as ambassador for Human Rights and for Gender Equity.

Viola started her working life at the age of thirteen when she migrated with her mother and sister from Lebanon to Venezuela. She fed her passion for development and study through home schooling, evening lessons and alternative educational pathways. She has become a multi-awarded personal advisor, transcultural psychotherapist, breathwork mentoring trainer, social entrepreneur and business consultant B.

In 1993, with twenty-one years of experience working in the corporate environment, she renounced her career as a successful marketing manager to follow her dream of becoming a Psychotherapist and Breathwork Trainer. Viola was thirty-four years old when she broke free, pursuing her dream beyond habitual bounds, daring to open her heart, and let the metal of her grit come to the surface. As a result of her studies in Transpersonal Psychotherapy and then Breathwork from founder Leonard Orr, she realized that breath was at the core of every person’s wellbeing, a discovery she was eager to share with others.

She has been pioneering and developing mental health fitness and wellbeing in the workplace since the nineties, bridging the space between breathwork therapy and business management. She now works internationally with individual and corporate clients in a cross pollination between self-development, management, and leadership. As a creative entrepreneur, she is a synergist, developing innovative schemes. She recently introduced breathwork to rehabilitation from addiction, a theme in her life that she successfully overcame.

She also is an event’s organiser but she prefers to support other in their event and be part of their team. The most relevant are, in 2002 – Margarita Island, Venezuela- GIC – Global Inspiration Conference. Sponsored by IBF – International Breathwork Foundation. A weeklong conference with 207 attendees from 30 countries. And in 2017-in Kyrenia, Cyprus – The Feminine Capital Forum- a daylong conference with 27 International speakers, 120 attendees, both side of the island & other countries.

Viola is a woman living a meaningful and loving life. She has been on continuous path of growth, and when sharing a part of her story, she says: *“I have been a migrant frequently in my life, recreating myself each time. Exploring, learning, and expanding in a sustainable way has been my passion since 13, when I interrupted my formal schooling and started working for a living. Non-formal education has been and still is my best companion, having led me to the delight of creating teaching spaces which enable people to develop, grow and sustain, individually and in groups”*.

Viola’s clients and colleagues call her “Master Mentor and Connector”. She is particularly valued for her intuition, experience, integrity and creativity. Her motto is “Together is Better”.

[www.violaedward.com](http://www.violaedward.com) [www.grit-academy.co](http://www.grit-academy.co) [www.femininecapitalforum.com](http://www.femininecapitalforum.com) [info@violaedward.com](mailto:info@violaedward.com)

## ***Viola is also:***

### **Honorary President of**

- Fashion for a Cause - "Charity on Wheels" by Winky Singh – empowering the forgotten population – women in prison

### **Board Member of:**

- LOANI – Ladies of All Nations

### **Editorial Board Member & Collaborator of:**

- Business Fit Magazine, - S.H.E. Magazine, Revista La Autentica, Middle East Business & News Magazine and HealPreneur Magazine.

### **Patron & Consultant of:**

- "Birth Forward" Respecting the nature of birth and conscious use of technology
- WAW - Women Appreciating Women
- Business Fit Events
- S.H.E. - Seminarios Emprendedoras Hispanas.
- African Fashion Week. -London -Nigeria -Bahrain
- Medi Foundation – Education, Prevention & Recovery from Addiction

### **Active Collaborator of:**

- WED: Women Entrepreneurship Day - Co-Ambassador for Cyprus
- The Club of Budapest - 1<sup>st</sup> Cyprus Representative (in progress)
- National Representative for Cyprus of "IBF - International Breathwork Foundation"
- ICAAD International Conference Addiction and associated Disorders
- Creative Women Conference
- Stella, Women Around the World
- "Step Up Stop Slavery" - International NGO committed to the eradication of human slavery through education and conscious collaboration
- FSF - Femmes Sans Frontieres
- Yo Siento Programs - Cuna de la Eficiencia Emocional
- Mujer WOW - for Start Ups and Entrepreneur Women
- SAN - Swiss Arab Network – 1<sup>st</sup> Cyprus representative (in progress)
- WEF- Women Economic Forum
- SHEconomic
- The Lazslo Institute of New Paradigm Research.
- WomenH2H – Women Heart to Heart
- Europe S.I.P.E.A. "La Sociedad Iberoamericana de Poetas, Escritores y Artistas"

### **Member of:**

- Breathwork Alliance
- ATL Europe Association of Transformational Leaders
- EMCC - European Mentoring and Coaching Council, Cyprus
- BPW Cyprus- Business Professional Women
- BRS - British Rebirth Society – UK
- IBF - International breathwork Foundation
- Rebirthing Breathwork International
- Eurotas - The European Transpersonal Association
- WAPP - World Association of Positive and Transcultural Psychotherapy