

Cindy Kubica
The Energy Coach™
(Koo-bee-ka)



Stress expert and energy coach, Cindy Kubica helps audiences across the country and internationally understand the link between stress, the mind and body, and how it influences energy, behavior, productivity, and ultimately our health. She calls this the Mind*Body*Behavior Connection™.

Cindy learned early in life that to be successful meant she had to replace the phrase “I can’t” with “How can I?” She earned this reputation as a child struggling to overcoming shyness, then again as a single teenage mom determined to be self-sufficient.

In 1979 Cindy moved from Chesaning, Michigan to Nashville, Tennessee pursuing her dream of becoming a country music star. After a performance at the Opryland Hotel, Cindy was asked to be a model in a benefit fashion show. The fashion bug hooked her, and Cindy enrolled in a modeling school. Within three months she became an instructor, and later was promoted to director of the school. At the same time she discovered her talent as a stylist in the students’ photo-shoots.

Cindy’s career as an actress and model continued to grow, and to date she has appeared in over 200 commercials and five movies. She has performed on a half dozen K-tel® sound-alike albums and was one of the original Country Music “video babes” when CMT was on-air for only four hours a day. The competitive world of acting and modeling required Cindy to stay in shape, so she became a certified aerobics instructor at the YMCA. Knowledge she continues to use in her programs today.

In 1992 Cindy and photographer, Farris L. Poole opened a commercial photography studio in Nashville. She continued to coach models, entertainers, and political figures, which helped their photography business to grow. However, her passion was to move into motivational speaking.

In 1997, as her speaking career began to take off, Cindy was in a car crash which shattered the bones in her neck. After the first five surgeries, Cindy realized her knowledge as a communication expert was useless if she was unhealthy and out of shape. That’s when she made The Mind*Body*Behavior Connection™.

"Our thoughts along with how we care for our physiology influences our behavior and ultimately our attitude, says Cindy. "Energize the mind and body and you have a more positive and productive work and family environment."

In 2009 Cindy graduated from the National Institute of Whole Health at Harvard. She is currently working on a research study for her final paper to become certified as a Whole Health Educator®.

Cindy is the author of two audio books; *In Search of Normal: Moving Life from Chaos to Clarity and Fit to Communicate*, *Strength Training for Your Attitude*, and three bound books, *Career Compass for Women*, *I Want a Love Story to Happen to Me*, and *Motivation, Up Yours*.

She is active in the National Speakers Association and was presented the Member of the Year award for her accomplishments as the president of the Tennessee chapter.

In her spare time, Cindy enjoys spending time with her two grandchildren, Sara and Chase; and running everything from 5k's to marathons with her husband Gary.