



Andrena Woodhams

International author & speaker

"powerful storytelling and genuine presence"

TEDx curator

Bestselling author | Body Intelligence Expert in the AI Age |
Former BBC World Television Presenter | Change Agent

PUBLISHED WORKS

- "Embody: The Power of Presence in an Age of Distraction" (2024) - Amazon International #1 Bestseller
- "The Magical Reality of Annabel Jones" (2022) - Amazon International #1 Bestseller
- "The Extraordinary Awakening of Annabel Jones" (2017)

RECENT SPEAKING ENGAGEMENTS

- TEDxKlagenfurt: "Shift Within: The Power of Presence" (500 participants)
- Davos Decompression: "New Principles of Feminine Leadership" (105 participants)
- Lead Today Shape Tomorrow: "Wellness in the Hustle Culture" (3,000 participants)

EDUCATION & EXPERTISE

- Columbia University, BA cum laude
- Expert certifications in embodied leadership, consciousness, health and somatic intelligence
- 15-year immersion in international consciousness studies (2000-2015)

LANGUAGES

- English (native)
- Portuguese
- German
- French
- Spanish
- Italian

PROFESSIONAL EXPERIENCE

Founder, Yinbound LLC

- Led exclusive transformation retreats in 4 continents
- Facilitated wellness workshops in Europe
- Yoga and body awareness teacher for over 20 years
- Facilitated cutting edge consciousness retreats for over 15 years in Europe

Founder & CEO, Scots In Ltd

- Pioneered and executed groundbreaking international events spanning three continents
- Orchestrated soft diplomacy in Vienna, Venice, Istanbul, Florence, India, and Oman in major historic venues including Maharaja palaces and private palazzos.
- Innovative fusions of local customs using the Scottish highland ball to unite 600 guests from 17 countries.
- 16 years bringing Scottish aristocracy to heads of church, state, and the global business elite.

Co-Founder International Media & Communications Company

- Provided full media and communications solutions to governments and international organizations.
- Clients included Norman Lear, Turkish Prime Minister Tansu Cillar, the Business Enterprise Trust and The International Atomic Energy Agency.

BBC World Television News

- BBC World Business Presenter and Producer

International Photojournalist

- The London Times, Time Out, The Tatler