
Pat Heydlauff

“Flow of Focus” and Workplace Environment Expert

Pat Heydlauff has spent the past 25 years designing groundbreaking strategies and developing tools crucial for navigating through today’s diverse workforce due to age and social communications, distractions, disengagement and disrupted focus which impact productivity and the bottom line. As the CEO of the Nutritional Food Industry’s national trade association for almost 10 years, Heydlauff, using the principles she developed, has influenced independent retailers and industry leaders, and high-level state and national legislators.

During her time at the national trade association, Pat created a strategic roadmap in order to increase productivity, innovation and sustainability. Pat’s main objective was to drive the organization, increase the membership and strengthen the existing Board of Directors. She developed parts of her now signature program including the flow of focus, flow of room dynamics, and flow of communication and connection within the board and the workforce that improved engagement, increased focus and impacted bottom line revenues by 300% in less than five years.

Heydlauff believes in placing value in the flow of focus whether in the form of the room dynamics of the workplace, communications, connection or control of time; further inspiring leadership, Board interaction and employee performance. “Inside Supply Magazine,” “EHS Today”, and “Personal Excellence,” have featured her dynamic approach.

Through her successful years of accomplishment becoming a nonprofit industry veteran, Pat directly influenced legislators and educated lobbyists, thereby expanding a positive health and fitness attitude of the American Consumer. Heydlauff was later recognized by the “Association of Women In Nutrition”, for her many years of excellence and service to the natural foods industry and named her their “Woman of the Year.”

Upon leaving the nonprofit industry, Heydlauff found she was mentally spent and physically exhausted which led her to seek more balance in her own life. Pat studied the philosophies and principles of hope, balance, success and sustainability held by ancient Chinese and far eastern civilizations. It was these basic principles and the **natural flow of energy** that continued to encourage her to study more and look deeper into why those who used the principles were so successful without paying the price of stress, anxiety and burnout. This prompted her to develop the Flow of Regeneration, the last key part of her signature Flow of Focus program that had been missing.

Heydlauff, a Palm Beach County, Florida, resident and a member of the Florida Speakers Association, works with small to medium size corporations using her 7 Step “Flow of Focus” System that provides a roadmap for leadership, executives, management and the workforce to manage their personal focus, efficiency and effectiveness while improving all aspects of the business. She shares her innovative tools through consultation, programs, and publications; providing industry leaders easy to apply strategies to create a roadmap for improved productivity, sustainability and increased profitability.