



ABOUT CINDY

Cindy Costley's work grew from a deeply personal healing journey. After decades of navigating severe health challenges, she began discovering connections between her lived experiences, her body's responses, and patterns she had never understood.

Those discoveries transformed not only her health, but how she understands human behavior—and ultimately inspired the work she shares with audiences today.

QUICK FACTS

- Lived Experience Informs Her Work
- Creator of The Architecture of Adaptation™
- Founder of EBDT™
- Host of The Underlying Answers Podcast
- Based in California | Travels Nationwide

CONTACT



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cindycostley.com

Cindy Costley

**SPEAKER | CREATOR OF THE
ARCHITECTURE OF ADAPTATION™**

“A powerful and honest discussion on healing, recovery, and the release of long-held patterns.”

— Dr. Lara May, Light Body Radio

SIGNATURE MESSAGE

Cindy's talks offer a new way to understand human behavior, the body's responses, & the connections shaping our lives.

Through relatable stories & practical insights, Cindy explores how lived experiences influence health, relationships, leadership, & personal growth—opening new possibilities for awareness, healing, & meaningful change.

SPEAKING TOPICS

- What If It All Actually Makes Sense?
- Understanding The Architecture of Adaptation™
- How Our Experiences Shape the Way We Live
- From Automatic Reactions to Intentional Choices

WHAT AUDIENCES WALK AWAY WITH

- Recognize automatic reactions and respond with greater intention
- Engage more effectively in conversations, relationships, and everyday life
- Approach challenges with curiosity, understanding, and intention
- Identify recurring patterns influencing health, behavior, and performance
- Recognize signs of stress and overload to support well-being and meaningful contribution

WHAT PEOPLE ARE SAYING

“An amazing guest with profound insight.”

— The Elisha Show

“Very self-aware, down to earth, with a powerful story to tell.” — Green Living Now Podcast

“Cindy is a great guest—we could've talked for several hours.” — Disembodied Podcast