

THRIVING IN ADVERSITY: HOW EXECUTIVE COACHING CAN HELP YOU IN THE NEW NORMAL

WHY

Because deep disruption calls for a new mindset that helps us adjust to the new normal.

Everyone's lives changed overnight, and the thinking patterns that were effective two weeks ago no longer are. Completely new situations call for different ways of thinking, new perspectives and a well-developed creativity.

WHAT WE OFFER

Thriving in adversity: executive coaching to help you succeed in the new normal

Coaching is a process of deep transformation. Through a series of heart-to-heart conversations you'll shift your mindset and learn how you can live your life with fulfillment, consciousness, and balance.

We also coach teams and team-leaders for better, more effective communication and teamwork when working from home. Other trainings available include sales, presentation skills, and executive presence.

WHO WILL BENEFIT

Anyone who feels overwhelmed by the uncertainty of the 'new normal.' Anyone who wants to make the most of this critical moment in time.

Coaching is for you if you wish to:

- Avoid losing your and your team's productivity
- Prevent anxiety and pessimism from getting the best of you and your team
- Utilize this time of forced confinement to build the future you envision — initiating a career move, learning to speak in public, developing your emotional intelligence, improving your communication as a leader, helping your employees grow, etc.

HOW

A series of four conversations along 4 weeks, on zoom (video-call).

One 60 to 90-minute conversation, once a week. Conversations can be in English, Spanish or Portuguese. Book a free call to learn more here: <https://co-luminacoaching-booking.as.me/introcall>

Virtual Team Sessions: 90 minutes, up to 12 people. Call to learn more.

HOW MUCH

Promotion for members of Spain-US Chamber of Commerce of Miami: \$780 (corporations) / \$300 (individuals).

COACH BIO

Carolina Perez Sanz has 20 years of diverse, international experience as a communication consultant and executive coach. At her own Madrid-based consulting firm, she helped clients polish their message, delivery, and executive presence across a broad range of industries and situations. For 13 years, Carolina was the official voice and speech coach of the Spanish public radio and television network RTVE. Other clients of her firm were UPS, Mapfre (the leading Spanish insurer), FedEx, and Barclays.

In 2014 Carolina moved to the US, where she obtained an MS in Public Relations and Corporate Communication from New York University (NYU). She was a professor of Public Speaking at CUNY, the City University of New York and later joined the global consulting firm, Templar Advisors, as a trilingual communication consultant and coach with a strong focus on influence, negotiation and sales training. In July 2019, she settled in Miami and started her own coaching and consulting firm, Co-Lumina Coaching.

As a voice coach, Carolina helped her clients enhance their executive presence and leadership style. At NYU, her research on female leadership in male-dominated sectors led her to conclude that one of the keys to becoming a leader resides in one's ability to inspire trust. Based on that finding, she developed a model to understand the link between trust and leadership.

Besides English, Carolina is fluent in Spanish, Portuguese, and French. She holds a PhD in Linguistics from the Complutense University of Madrid as well as an MS in Public Relations and Corporate Communication from New York University.

She is an Executive Co-Active Coach and certified to administer and interpret the Hogan suite of personality assessment tools for success in the workplace. She's licensed to assess sales affinity and disposition in individuals and teams using the Predictor Of Potential (POP7)

A handwritten signature in black ink, appearing to read "Carolina Perez Sanz".

carolina@co-luminacoaching.com

+1 (305) 713-7818