

The Gallup study reported that 68% of the US workforce is disengaged.  
How much is that costing your company?  
Carolina Caro, the Corporate Catalyst is your partner for change.



## Carolina Caro

Keynote Speaker • Leadership Coach • Facilitator

Carolina partners with organizations to empower and engage their leaders to breakthrough their plateaus by tapping into their potential. She specializes in mindfulness-based practices rooted in neuroscience, which cultivate insight and awareness so that individuals can better understand how their habits amplify or diminish their leadership capabilities. By heightening their emotional intelligence they can be more intentional in developing the behaviors that will best serve them. The most brilliant strategies, goals or visions can fail when leaders are not adept at mastering their mindset. Carolina is certified in the latest cutting edge evidence-based techniques to train our brains for success.

### Most Requested Presentations

#### **Cultivating Resilience Through Mindful Leadership**

In today's rapid moving world, the demands placed on us can often leave us feeling anxious, overwhelmed and exhausted. The incessant use of digital devices and the constant exposure to information is drastically impacting our ability to focus. In addition, distractions promote autopilot behaviors and hinder our capacity for self-awareness and emotional intelligence. Learn how mindfulness-based techniques can enable us meet these challenges with resilience, by shifting from reactivity to responsiveness.

#### **The Alchemy of Transforming Problems into Opportunities**

Conflict is a natural part of life both personally and professionally. Having the skills to productively manage challenging situations can help strengthen trust and build confidence. It can also determine how effectively individuals will perform and work collaboratively. Understanding our default tendencies and behaviors when we are triggered can help us be more discerning in our approach to confrontational circumstances. Explore different tactics that will serve you in establishing a constructive approach to dealing with conflict.

#### **Training our Brains to Thrive**

Did you know that our brains are designed for us to survive rather than thrive? We are wired to ensure we stay alive which is different than being successful and feeling fulfilled. So we seek out situations that will enable us to feel safe and secure while minimizing circumstances that trigger a fear-based response. As such, our physiology influences our relationship with risk and our perceptions about failure. Discover simple and practical strategies to develop both intention and attention so you can relinquish survival mode and rewire your brain to achieve the results you want.

#### **Communicate with Influence & Persuasion**

Have you ever wished you had a decoder so that you can speak to people in their preferred communication style? DISC is a powerful leadership development tool that helps leaders raise their self-awareness regarding their behavioral style and that of others. It also enhances their ability to adapt to each individual, which fosters better relationships. Learn how to be more effective in your communication by tailoring your message and your delivery to each individual so that it resonates with their style.

#### **Moving Beyond Unconscious Bias**

A commitment to diversity and cultivating an inclusive culture has become a business imperative and a competitive advantage since it leverages differences in a manner that can enrich an environment and push the boundaries of innovation. It also demands a level of courage and patience to engage in difficult conversations that will move the needle beyond the limitations of our individual and collective perceptions. Acquire practical strategies that can be implemented in the workplace to become agile in the skills that will move us beyond our unconscious biases.



Partial  
Client  
List

## Rave Reviews

*“Carolina’s style is powerful and effective because it combines leadership strategies supported by evidence-based theories and pragmatic actionable steps that are relevant to my professional circumstances. She also knows how to engage her audience with personal anecdotes and light-hearted stories that help you relate to the ideas she presents. For someone very analytical like me, I benefit from her approach where the ROI and applicability of the concepts to my work are obvious immediately.”*

Josh Driskell,  
Partner Primuth, Driskell & Terzian

*“Carolina is very intentional about focusing in on the areas of development that will have the biggest impact on our business so that it translates into results you can begin to observe immediately. She is quite intuitive and will share her insights openly and honestly combining both compassion and personal accountability when she holds up the mirror to our blind spots.”*

Art Trottier, VP of the Rinks

*“Carolina was able to present the information in a manner that could speak to our mixed audience of executives, mid-management, and staff level employees. Incorporating interactive components to her presentations, whether a keynote, workshop, or closing presentation, brings to life the information that is being shared. Her presentation style will leave you contemplating how to apply the information to both your business and personal life.”*

Linda Manship,  
VP Retail Services, LA Financial  
Credit Union

*“You will walk away from her presentation feeling as though you can achieve anything! You’ll gain another layer of awareness about how you show up and the energy you bring into situations. You’ll start to understand how the mind works and begin to make the shifts that will support your goals rather than sabotage them- truly empowering!”*

Carla Buigues  
Realtor, The Agency



## About Carolina

Carolina is Leadership Coach, Facilitator and Speaker specializing in developing Conscious Leaders and Mindful workplaces through a lens that cultivates potential, enhances engagement and celebrates diversity, inclusion and equity to achieve results that benefit the collective good. She trained with IPEC (Institute for Professional Excellence in Coaching) and is a member of the ICF (International Coaching Federation), where she maintains her credentials (PCC) in compliance with the ethical guidelines and the continuing education requirements of the ICF. She is also an established speaker and as such is a professional member of the National Speakers Association.

Carolina is a passionate advocate for diversity, which has shaped every aspect of her life. She is proud of her multicultural upbringing as a Montreal native with both Hispanic and Indian roots, fluent in English, Spanish and French. Her educational background is just as rich and diverse, with an undergraduate degree in Cell and Molecular Biology, a Masters degree in Science (Experimental Medicine), a Masters degree in Business Administration, a professional certificate in acting from the Neighborhood Playhouse School of Theatre in New York. Her career has taken her from medical research laboratories studying HIV/AIDS and advances in radiation oncology, to sales and brand management positions for top Fortune 100 companies to an array of artistic accomplishments as a member of the Screen Actors Guild American Federation of Television and Radio Artists (SAG-AFTRA). Her background, education, professional experience and training in different evidence-based modalities contribute to her unique approach to leadership development.

Carolina enjoys being engaged in her community and is honored to be the Facilitator for Leadership Pasadena, an organization that develops community leaders. She has been active in this role for the past four years where she re-designed the curriculum to reflect current leadership development practices and experiential learning modalities that support participants to manage the current complexities of a fast paced workplace and to better serve their communities. She also serves on the board of the Healthcare Businesswomen’s Association, a non-profit organization dedicated to advancing the role of women in healthcare and working to establish gender parity.

Not only does Carolina have over 15 years of experience in leading workshops and designing programs for adult learners, she continues to immerse herself continuously in this work as a participant to ensure that she is always approaching leadership development with a beginner’s mind as both a teacher and student of these principles.

## Connect with Carolina Caro & Book Your Corporate Catalyst Today

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