

# CAROLINA CARO

## Conscious Leadership Speaker

Supporting organizations to develop conscious leaders and inclusive workplaces for improved collaboration, innovation and growth.



### What clients have to say:

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*Carolina presented to our audience of senior and emerging leaders at our Women's Leadership Conference and the response was overwhelmingly positive. Her keynote delivered a poignant experience that addressed important challenges that were relevant for our participants all while providing clear, actionable takeaways. Carolina took time to meet with our team to tailor her presentation to our needs and it was well received. We look forward to working with her again!*

**LaTanya Bogin-Jordan**

Director of Program Development & Strategic Engagement  
Los Angeles Department of Water & Power

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*Carolina is one of the best presenters I have encountered. She is exceptionally articulate and uses presentation techniques very effectively. Her positive demeanor invites constructive feedback interaction within her workshops.*

**Ken Robbins**

Senior Vice President Investments  
Raymond James



### The Great Re-Alignment: Unlearning Generational Conditioning

Research continues to highlight that the way we are working isn't working. It's time for us to discern between the habits that are supporting the workplace we want to create and which are detracting to it. Our Generational Conditioning (the beliefs and behaviors we inherit from our upbringing) shapes how we show up in the world and directly impacts our leadership potential. This is an invitation to unlearn what isn't serving us to create a healthier and more productive workplace.



### From Super Stressed to Super Heroes: Creating a Culture of Resilience

We are facing an unprecedented time in history, where the landscape is evolving at a faster pace than most of us can adapt to, leaving us steeped in survival mode. This is signaling an urgency to cultivate resilience. Resilience is how well we adapt to things like change, trauma, threats, and stress. This program will help participants audit and enhance the four domains that influence our ability to process and successfully navigate challenging life experiences including: 1. The mental domain, 2. The emotional domain, 3. The physical domain and 4. The spiritual domain.



### The Good, the Bad & the Blind Spots: Targeting Beyond Unconscious Bias

In order for us to truly create inclusive cultures that foster a sense of belonging, we first need to acknowledge and accept that we are all biased. Once we normalize this, we can begin to explore with less judgment how these biases influence us and to what extent. A commitment to inclusivity demands that we become more sophisticated and agile in creating space and celebrating a wide spectrum of perspectives and experiences.



### Accelerated Leadership: Developing Influence through Presence & Personal Power

Imagine your influence completely magnified. Mastering your personal power enables you to exercise influence at any level and with anyone. Unlike positional power, that is rooted in authority and leaves others feeling diminished, personal power is internal and energetic and has the ability to raise those around us. Explore how to create an influential presence irrespective of your position or role.



### From Mind Full to Mindful: Cultivating 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. Learn how mindfulness-based techniques can enable us meet these challenges to master our minds by shifting from reactivity to responsiveness.

**BOOK CAROLINA!**



[Carolina@ConsciousLeadershipPartners.com](mailto:Carolina@ConsciousLeadershipPartners.com)



646.229.4898

# Other ways that your organization can partner with Carolina and her team to develop conscious leaders and inclusive workplaces

## LEADERSHIP ACADEMIES

Programs that vary in length from 6-12 months covering different leadership development areas with a focus on how to practice and implement these in their respective roles.



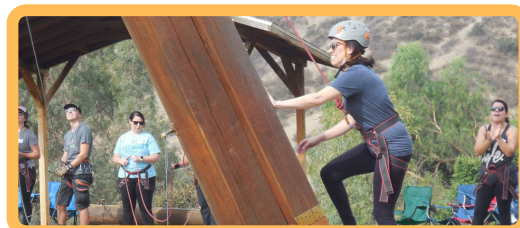
## WORKSHOPS

Can be live, virtual or hybrid- ranging from one hour to full days on a variety of leadership themes and diversity, equity and inclusion topics.



## RETREATS

An opportunity to spend time together offsite for team building and/or conducting strategic planning sessions.



## TEAM COACHING

Supporting the team to maximize their effectiveness, cohesion and accountability. Engagements include training, facilitated conversations and team building. Can also include assessments and a team 360.



## INDIVIDUAL COACHING

Leadership development skills focused on elevating the performance of the individual contributor (emerging or executive leader). Engagements can include assessments and 360 feedback.



## HAPPY CLIENTS



Caltech

HUF

beazley

servicenow

ROCKET Central

3Degrees



Retail Business Services

