

**CARLO  
TAORMINA**

**MEDIA  
KIT**

A portrait of Carlo Taormina, a man with short dark hair, smiling and wearing a black t-shirt, against a white brick wall background.

**SPEAKER, PEAK  
PERFORMANCE  
COACH**

[WWW.CARLOTAORMINA.COM](http://WWW.CARLOTAORMINA.COM)

[804-822-2905](tel:804-822-2905)

[CARLOTAORMINACOACHING@GMAIL.COM](mailto:CARLOTAORMINACOACHING@GMAIL.COM)



## **ABOUT ME**

CARLO TAORMINA IS A PEAK PERFORMANCE COACH, KEYNOTE SPEAKER, AND TRANSFORMATIONAL MINDSET EXPERT. WITH A FOCUS ON BUILDING RESILIENCE AND UNLOCKING TRUE POTENTIAL. FROM SUFFERING WITH DEPRESSION AND SUICIDAL IDEATION TO FULFILLMENT AND PEAK PERFORMANCE, CARLO EMPOWERS INDIVIDUALS TO ACHIEVE PERSONAL AND PROFESSIONAL SUCCESS. HIS STEP-BY-STEP APPROACH HELPS IN IMPROVING PERFORMANCE, OVERCOMING LIMITING BELIEFS, SELF SABOTAGE, MAKING A LASTING IMPACT.



# **SPEAKER REEL**



**“BETTER QUESTIONS LEAD TO BETTER ANSWERS”**

**AS SEEN ON**



# HEADSHOTS



**“ASK YOURSELF, WHAT WOULD THE BEST VERSION OF MYSELF DO RIGHT NOW?”**

# SIGNATURE TALK

**“FROM STUCK TO UNSTOPPABLE”: BREAKING THROUGH SELF SABOTAGE & RECLAIMING YOUR POWER.**

CARLO'S TALK IS DESIGNED FOR HIGH PERFORMERS, ENTREPRENEURS, PROFESSIONALS, STUDENTS AND ANYONE WHO FEELS STUCK, BURNED OUT OR INDULGES IN SELF-SABOTAGE.

THROUGH CARLO'S PERSONAL STORY AND ACTIONABLE STRATEGIES HE WALKS THE AUDIENCE THROUGH HOW HE OVERCAME FEELING STUCK, SELF SABOTAGE, LIMITING BELIEFS, DEPRESSION AND SUICIDAL IDEATION. THIS TALK ISN'T ABOUT MOTIVATION, BUT TRANSFORMATION. CARLO GIVES THE AUDIENCE THE TOOLS TO SHIFT THEIR IDENTITY, BUILD REAL CONFIDENCE AND RECLAIM CONTROL OF THEIR MINDSET AND FUTURE.

IT'S DESIGNED TO HELP PEOPLE RECONNECT TO THEIR POWER AND FINALLY GET OUT OF THEIR OWN WAY.

# AUDIENCE TAKEAWAYS

- **A CLEAR UNDERSTANDING OF WHAT'S BEEN HOLDING THEM BACK (AND HOW TO BREAK IT)**
- **MINDSET TOOLS TO REBUILD CONFIDENCE, REDUCE BURNOUT, AND BREAK THE CYCLE OF SELF-SABOTAGE**
- **A RENEWED SENSE OF DIRECTION, IDENTITY, AND PURPOSE**
- **PRACTICAL STRATEGIES TO UNLOCK PERFORMANCE AND BECOME THEIR BEST SELF—WITHOUT LOSING THEMSELVES IN THE PROCESS**

**PERFECT FOR**

**ENTREPRENEURS, PROFESSIONALS, AND STUDENTS NAVIGATING HIGH-PRESSURE ENVIRONMENTS, PERFORMANCE DEMANDS, OR PERSONAL TRANSITIONS.**

# REVIEWS

"HANDS DOWN THE BEST SPEAKER WE'VE HIRED IN OUR 5+ YEARS IN BUSINESS. CARLO WAS SO ENGAGING, ENTERTAINING AND INSIGHTFUL. HE HAD THE ROOM LAUGHING ONE MOMENT AND CRYING IN THE NEXT. HE REALLY GAVE US VALUABLE TOOLS WE CAN USE TO CHANGE OUR MINDSETS AND BELIEFS SO WE CAN BE THE BEST VERSION OF OURSELVES. HIGHLY RECOMMEND."

**JEREMY S.**  
**SANCHEZ REAL ESTATE GROUP**

"CARLO'S COACHING HAS BEEN A GAME-CHANGER FOR ME. HIS GUIDANCE HAS HELPED ME ELEVATE MY PERFORMANCE BOTH PERSONALLY AND PROFESSIONALLY."

**VAL G.**

"CARLO'S SPEECH WAS AN ABSOLUTE GAME CHANGER FOR MY STAFF AND FOR ME AS WELL. HE TAUGHT US THE IMPORTANCE OF OUR OWN MINDSET AND HOW WE CAN GET IN OUR OWN WAYS THAT PREVENT US FROM MOVING FORWARD AND HITTING OUR PERSONAL/PROFESSIONAL GOALS. WE LEARNED HOW TO BECOME MORE SOLUTION ORIENTED AND SHIFT OUR FOCUS. HE EVEN WENT ABOVE AND BEYOND AND GAVE A FEW MEMBERS OF MY STAFF INDIVIDUAL COACHING SESSIONS. WHAT A GUY!"

**ARCHIE H.**  
**MARYLAND CONTRACTORS ASSOC.**



# **STAY IN TOUCH**

CARLO: 804-822-2905

[CARLOTAORMINACOACHING@GMAIL.COM](mailto:CARLOTAORMINACOACHING@GMAIL.COM)

[WWW.CARLOTAORMINA.COM](http://WWW.CARLOTAORMINA.COM)