

Lolita Guarin

Stress Management Expert - Transformational Speaker - Author

Lolita Guarin is a renowned licensed stress management coach, speaker, and four-time #1 Amazon bestselling author, with a deep-rooted expertise in helping individuals combat stress and burnout. With a solid background in corporate America, she offers practical, effective stress reduction techniques and has developed a coaching practice dedicated to enhancing work-life dynamics. Lolita has penned several influential self-help books, including *Crush Stress While You Work* and *Stress Management for Adult Children of Alcoholics*. She also hosts the insightful *From Stress to Success Blueprint* podcast, where she shares strategies for managing stress efficiently.

As the founder of **Be Amazing You** and The CALM Process, Lolita has created innovative programs that teach individuals how to reduce burnout and boost energy, further emphasizing her dedication to promoting resilience and well-being. Her workshops and seminars skillfully blend scientific insights with practical applications, creating dynamic and interactive learning environments. These sessions resonate deeply with audiences, offering them tangible skills and knowledge that can be applied directly to their personal and professional lives. Importantly, the tips Lolita shares are designed to be quick and efficient—requiring minimal time yet delivering significant impacts in reducing burnout and maintaining high energy levels throughout the day.



Topics include:

- **Building Resilience: Key Strategies to Thrive Under Pressure** - Explore techniques for developing personal and team resilience, crucial for managing stress and preventing burnout in high-pressure environments.
- **The Power of Mindful Leadership: Leading with Calm in Chaos** - Discuss how leaders can incorporate mindfulness practices into their leadership style to improve decision-making, enhance team dynamics, and boost overall productivity.
- **Smart Delegation: Reducing Burnout While Maximizing Team Output** - Unpack the art of effective delegation, teaching leaders and team members how to wisely distribute tasks to balance workloads and optimize team resources.
- **Work-Life Harmony: Practical Tips for Maintaining Balance** - Offer practical advice for achieving a sustainable balance between professional responsibilities and personal life, crucial for long-term productivity and well-being.
- **Revitalizing Routines: Small Changes for Big Impacts in Daily Productivity** - Share innovative ways to modify daily routines and workplace practices that help maintain high energy levels, enhance focus, and prevent burnout throughout the day.



Reason to book Lolita for your next event

- **Expertise and Experience:** Over a decade of experience in stress management and resilience training, with a practical approach grounded in corporate America.
- **Engaging Speaker:** Known for dynamic, interactive, and motivational presentations that effectively connect with audiences.
- **Customized Content:** Tailors presentations to meet the specific challenges and needs of the audience, enhancing the relevance and applicability of her sessions.
- **Proven Methods:** Founder of Be Amazing You and The CALM Processg proven strategies to reduce burnout and boost energy.
- **Literary Authority:** A four-time #1 Amazon bestselling author, adding credibility and depth to her expert insights.
- **Community Advocate:** Committed to community wellness, promoting a holistic approach to professional and personal well-being.

What others say about Lolita speak

Lolita is an incredible speaker and super knowledgeable about taking control of stress! She provided practical and engaging ideas on how to identify stress and little tips and tricks on what you can do everyday to keep stress away or at least manage it in a practical way. She also has a wonderful sense of humor, she had us all laughing out loud! If you are looking for a brilliant speaker that will wow the crowd I highly recommend Lolita!

- LeeRand Green, Business Development Manager at IS&T

Simply put – I loved Lolita's presentation! It changed my point of view on how to handle everyday stress. I though I have no time for that, and she proved me wrong! She is so professional, passionate and funny. She gave so many practical very doable solutions for everyday stress that even me, a very busy manager can do that!

- Sarah Mongolia, HR Specialist

Lolita knows how to take your stress and crush it. If you are experiencing stress-you need to talk with Lolita. She is a talented coach and speaker that shows you how to easily manage your stress, especially at work, with techniques you can do anywhere. And managers - by helping your employees reduce their stress will help them increase their productivity and stay healthy!

- Blair Johnson, Owner/Founder Eat Learn Thrive

