

MYRIAM MARTINEZ

Leadership Coach and Consultant, Licensed Therapist,
Emotional Resilience & Leadership Expert



With over 20 years of experience as a licensed psychotherapist, registered art therapist, and now a sought-after coach and speaker, Myriam has helped hundreds of high-achieving people and mission-driven organizations move from burnout, stress, and self-doubt to clarity, confidence, and meaningful success. What sets her apart is how she's combined clinical expertise with coaching innovation. Myriam works at the intersection of psychology, creative process, emotional resilience, and self-leadership. Whether she's guiding an individual client through inner development or facilitating a team experience, she helps people break through their blocks and rediscover their brilliance.

Myriam is available for interviews on podcasts, webinars, and summits on the following subjects:

- Leading with Emotional Intelligence
- Neurodivergence & Inclusion
- Transforming Stress Into Innovation & Success
- Creativity & Resilience
- Mindfulness & Neuroscience in Leadership

Myriam will help your audience to walk away with practical tips and resources that will help increase their mental well-being so they can feel more confident and empowered.

CHOSEN BY:



LEAN IN NETWORK | Latinas

EST. 2015
Marin & Sonoma
Women at Work
*Networking group
for women*



"I have heard Myriam speak several times at our chamber events. I always have great take aways that I can use not only in business but in my personal life. Her talks are interactive and her approach blends neuroscience and psychology while offering practical, easy to apply tips. I enjoy her talks and highly recommend!" - Christina Mendes, CEO Novato Chamber of Commerce

"Myriam is an insightful, interactive seasoned whose down-to-earth style makes a topic like mental health, that can feel heavy, actually feel relatable and practical. Her dynamic and engaging presentation style kept the audience's attention from start to finish."

*- Christelle Fernandez,
Latinapreneur Network*

Myriam is a vibrant, knowledgeable and giving speaker! She has an amazing ability to connect with the crowd. Her passion for supporting women in releasing negativity, prioritizing themselves, and engaging with creativity is palpable. - Karen, Marin Women at Work

