

CAROLINA CARO BIO & INTRODUCTION

Short Bio- 150 words

Carolina is a Keynote Speaker, a Certified Leadership Coach and a Professional Facilitator. She specializes in mindfulness-based practices rooted in neuroscience, which enhances awareness so that leaders can uncover their blind spots and consciously develop behaviors that cultivate their leadership potential and organizations can cure the dis-ease in the workplace.

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). She is an established speaker who has earned her designation as a professional member of the National Speakers Association. She was invited to join the Forbes Coaches Council, where she contributes articles and participates on their expert panels.

Carolina is a passionate advocate for diversity, which has shaped her life, from her multicultural upbringing to her vast multidisciplinary educational and professional background, giving her unique insight and perspective as a speaker, coach and facilitator.

Long Bio- 350 words

Carolina is a Keynote Speaker, a Certified Leadership Coach and a Professional Facilitator. She partners with organizations to empower their leaders to master their minds. She specializes in **mindfulness**-based practices rooted in neuroscience, which enhances **awareness** so that leaders can uncover their **blind spots** and consciously develop behaviors that cultivate their leadership potential. This inside-out process of heightening **emotional intelligence** enriches engagement by supporting leaders to recognize and manage their thoughts, feeling and habits. The mind is malleable and with the right tools leaders can retrain their brains to thrive and organizations can cure the dis-ease in the workplace.

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). She is also an established speaker who has earned her designation as a professional member of the National Speakers Association. She was recently invited to join the Forbes Coaches Council, where she contributes articles and participates on their expert panels.

Carolina is a passionate advocate for diversity, which has shaped every aspect of her life. She is 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).

Carolina is a resident of Pasadena and honored to play a role in developing community leaders, as the Leadership Coach and Facilitator for the non-profit organization, Leadership Pasadena. She also takes pride in serving the Healthcare Businesswomen Association (HBA) a non-profit organization dedicated to the advancement of women in healthcare with a mission to establish gender parity.

Introduction: 60-seconds

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Please help me in welcoming Carolina Caro

*(pronounced Caro-Lee-Na Caro)