

SPEAKER KIT 2024

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CLARA LUCIA

AWAKEN PURPOSE

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Purpose is the 'why' of our lives; the reason we get up every day. Purpose is what lights our soul on fire. Finding it is an adventure - the gift that will change your life and the lives of those around you."

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“ Every time, I fought back. Every time, I lived and learned.” -CLARA LUCIA



For Clara Lucia Jaramillo-Carrier, life is more about the journey than the destination. Who she is today is due to the experiences she has had, choices she made, relationships she pursued, and risks she has taken to this point.

The ups and downs have all been a part of the journey and contribute to personal betterment and reaching one's potential. Clara Lucia discovered that the journey itself is powerful as she learned to be more kind to herself, to love herself every day, with all her mistakes, flaws, and imperfections.

The key, she says, is to embrace it all, to remind ourselves of our humanity and the beauty of it. She believes igniting curiosity is enlightening. What do you see beyond the obstacle, the barrier you have in front of you? What can you learn? How could it transform who you are? What is the gift and the opportunity of that circumstance?

Clara Lucia's journey began in her home country of Colombia. Born premature, fighting for life inside an incubator for months, she has resilience and hope etched into her soul. In 1999, she immigrated to the U.S., became a proud Colombian American, and founded Breaking Through Consulting & Coaching. Through this, she has served and supported thousands of people to transform their lives as they work to reach their full potential and begin to thrive.

She has also integrated 20+ years of corporate experience as a strategist, communicator, marketer, and journalist into her coaching and consulting work. This invaluable experience with for-profits and non-profits has helped her impact countless businesses to become stronger brands by elevating their purpose, developing clear messaging, and determining strategic priorities.



Along the way, Clara Lucia overcame many challenges and barriers, personally and professionally. She spent decades trying to fit in the marketplace and in Corporate America. She also struggled with perfecting, performing, and pleasing as a means to find belonging.

Once she discovered her passion and talent for creating belonging and uplifting others who are going through life and career transitions, Clara Lucia earned a Master of Arts in transformational leadership and coaching. She is also an International Coaching Federation (ICF) Certified Coach, earned a badge from the Graduate School Alliance for Education in Coaching, and holds various certificates in emotional intelligence, human emerging empowerment technologies, and transformational coaching from Wright Graduate University.

Her mission is to guide people and organizations to awaken their purpose so they can break through, advance, increase their impact, and understand the power of their brand while deepening relationships.

“Leaving my family meant I was on my own; this time in a new country with a new language—a sign of courage.” -CLARA LUCIA



Nothing is more important to Clara Lucia than making a difference in the lives of others. Speaking, whether to a small group or as a keynote speaker, provides her the opportunity to be an agent of hope, to encourage others, and help them see possibilities where before there were roadblocks.

While Clara Lucia can customize a speech, she has talks already prepared for the following topics:

The Power of Purpose: Your purpose is deeply ingrained into who you are. It gives you grit and a way of living. Learn about the Neuroscience behind purpose and how to use it to harness the growth mindset and live a life of impact and purpose, one that energizes you and is more satisfying. Rediscover your curiosity, share your wisdom, explore critical thinking, build your confidence, and learn how to live the life you desire in this powerful talk from Clara Lucia.

Take with you an understanding of why it's critical to embrace your unique story to become more effective, efficient, and satisfied and the steps you should follow to get there.

Importance of Loving Yourself: With this talk from Clara Lucia, learn why loving yourself is critical, not only personally, but professionally, too. She will share how to embrace who you really are, to reconnect with your inner essence, and how, through empathy, respect, and kindness, you can impact the world around you.

Plan to walk away understanding how self-love affects motivation, commitment, relationships, and results at work and at home. You will also be given tools to help you begin the journey to a positive mindset and loving yourself again.

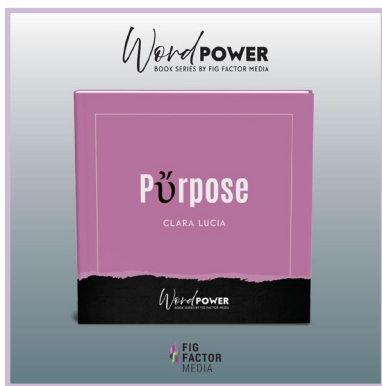
Why Social Emotional Intelligence is Key: Social emotional intelligence isn't just for scientists. In this talk, Clara Lucia explains how social emotional intelligence translates into being more attuned to yourself and those around you so you can be a better influence and leader. It also helps you to navigate life more easily and effectively. She also shares how science has shown we can be in charge of our happiness, choices, more positive thoughts, intentional behaviors, and more empowering beliefs.

Walk away with a clear plan to rekindle the relationship with yourself and become the true architect of your life and career.



Believing that I am a gift to others helps me approach life, career, and relationships from a place of discovery, emergence, and social interest and not as a battlefield to earning love and acceptance."

-CLARA LUCIA



Clara Lucia is a featured author in the WordPOWER Series. Her book is titled "Purpose."

The WordPOWER Book Series highlights the power words truly have. Everyone has a story and everyone has words that have impacted their lives.

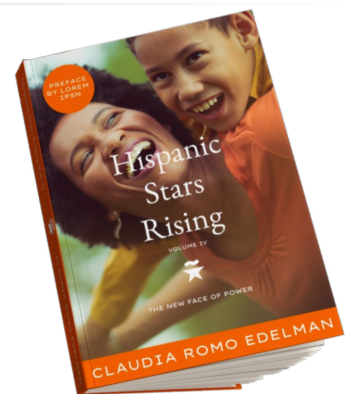
WordPOWER brings together 12 authors and 12 powerful words to create 12 meaningful books. Each book is compiled of short anecdotes, personal messages, quotes, and unique thoughts that represent each WORD. Through this series you will see each word in the creative light of the author.

Words have POWER.

Clara Lucia is a featured in The Hispanic Stars Rising IV

Her story is titled Coming Full Circle, a Journey of Self-Love and Transformation.

The Hispanic Stars Rising series has featured over 270 inspiring stories of Hispanic Stars nationwide. Hispanic Star Rising Volume IV will be an assembly of energizing stories from a diverse set of role-model Hispanic Stars.



As Seen On:



"You're authentic, engaging, uplifting, and motivating! These are just a few words I would use to describe Clara Lucia's presentation style. She offered a three-part series on how to grow your business through purpose. We learned how to use our "why" to drive our sales interactions, find client-ready investors, and develop a sales mindset. I appreciate that Clara Lucia provided content based on research and introduced opportunities for the participants to interact with the theory. Each session flew by and left me eager to learn more. At the conclusion of this experience, I felt excited to test some of the lessons I learned and look forward to attending her next course."



-Tricia Fucilero, Workshop Participant.

"I recently met Clara Lucia at a non-profit event for women, where she conducted a brief workshop on how to define your purpose and find your cause. We went through a series of very thought-provoking questions designed to do exactly that. I am looking to transition from the corporate world to the non-profit world to contribute to the greater good and this is absolutely what I needed to get me more motivated and focused about what I want to do. I came away brimming with ideas and a more concrete plan on how to get involved and make the career change. And you don't have to be making a career change to benefit from Clara. If you feel stuck in your job, in life, at your company, she can certainly help you. Clara is a very warm and energetic person, and you can't help but be energized too. I would definitely recommend her to help you find and activate your purpose."



-Lisa Weaver, workshop participant.

"Clara perfectly set the stage for our group's conference. Our program is at a big turning point right now, and Clara's workshop laid the foundation for us to remember why we do the work we do both individually and collectively. Clara challenged the group to step away from budgets and logistics that are causing a lot of tension and anxiety. She asked us to reconsider why we were in that room, why we exist in our roles, and why our program exists. For any team or organization going through major structural changes like our program, I would highly recommend Clara. She reset our minds to think through our planning process with purpose."



-Courtney Schupp, MPH, RD (she/her)

Clara delivered a great presentation about discovering your why and recommitting back to our purpose. After a long few year, we all needed the reminder to pause and reflect on the purpose and meaning behind our work. This not only encouraged our group but also allowed them to reflect on their "why," which impacts both their professional and personal lives. Many plans are to use this information to practice mindfulness, entertain positive thoughts, and remove soft addictions when possible. Clara was such a joy to work with and was so patient with us while we explained all of the unique pieces of working with a state agency."



-Julia Brunner, SNAP-Ed Coordinator.





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