PRISCILLA MARÍA, J.D.

CYCLE BREAKER COACH

✉ hello@priscillamaria.com

⬡ @cyclebreakercoach

🌐 priscillamaria.com

"Her facilitation style was gentle and fully present, making sure everyone there knew we were in a safe space to address a difficult subject. Our participants were engaged the entire time with beautiful discussions happening in the breakout rooms. I highly recommend Priscilla Maria as a speaker to any organization that is looking for the next level of understanding DEIB (diversity, equity, inclusion, belonging), supporting their people's emotional well being, understanding the unequal paths we've taken to arrive at our jobs." – **Nancy Marmolejo, Founder of Talent and Genuis**

CUSTOMIZABLE KEYNOTES & WORKSHOPS:

The Currency of Cycle Breaking™

- Discussing the effects of generational trauma.
- Using The I.D.E.A.L. Method™ to disinherit generational trauma and leverage ancestral gifts.
- Harnessing the power of choice as a superpower.
- Creating a legacy of your own.

Mindset Over Memories™

- Understanding the science behind shifting our mindset and using affirmations.
- Establishing a "why" and moving forward with purpose.
- Exploring ways to make peace with the past.
- Learning various coping skills.

Recognize, Recover, and Repeat™

- There is no one way to recover. There are several paths, perspectives, and philosophies one could follow.
- Recovery is an ongoing opportunity to reflect on choices, relationships, and values.
- Resources to lean on for community, information, and support.
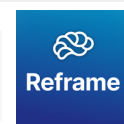- Representation in recovery spaces matters.

BIO:

Priscilla María is a Keynote Speaker, Certified Trauma Recovery Coach, and trauma survivor who empowers others to become cycle breakers.

Her life purpose is to help others heal from trauma, overcome limiting beliefs, and create their ideal lives.

As a sober, bisexual Latina woman with diagnosed mental illness, she shows up authentically to exemplify that recovery and healing are very possible.

TRUSTED BY:

To learn more, book a discovery call on **priscillamaria.com**