

Carolina Paredes

Keynote Speaker · Wellness Educator · Corporate Trainer



“SELF-CARE IS NOT SUPPOSED TO BE AN EMERGENCY PROCEDURE. IT’S SUPPOSED TO BE A DAILY PRACTICE.”

ABOUT CAROLINA

Carolina Paredes is a certified master life coach, nutrition specialist, personal trainer, and one of the most distinctive voices in the wellness space today. With seven professional certifications and a licensed skydiver credential, she brings a rare combination of academic rigor, physical courage, and genuine warmth to every stage she stands on.

SIGNATURE TALK

Self-Care Is Not an Emergency Procedure

Her most-requested keynote. Carolina dismantles the myth that wellness is a reward for people who have time for it — and replaces it with a practical, no-excuses daily framework. Audiences leave with a real action plan, not inspiration that fades by Friday.

ADDITIONAL TOPICS

- Boundaries Are Self-Care— for executives + leadership teams
- Built to Last — wellness for trades, arborists + high-risk industries
- The Daily Practice — interactive workshop, habits that actually stick

AVAILABLE FORMATS

- 45-60 minute keynote
 - Half-day or full-day workshop
 - Virtual presentation · Panel participation
- In-person preferred — available to travel

CREDENTIALS

- Certified Master Life Coach — Transformation Academy
 - Certified Women’s Coaching Specialist — Girls Gone Strong
 - Certified Relationship Coach — Transformation Academy
 - Certified Nutrition Coach — Precision Nutrition + NASM
 - Certified Health Coach — American Council on Exercise
 - Certified Personal Trainer — American Council on Exercise
 - Weightlifting Coach Level 1 — USA Weightlifting Association
- Licensed Skydiver B-43618 — USPA #298311

IDEAL FOR

- Corporate HR + employee wellness programs
 - Executive retreats + leadership summits
 - Trades + outdoor industry conferences
 - Women’s leadership events
 - Safety training days + union events
- Mastermind groups + private retreats

WHAT MAKES HER DIFFERENT

Carolina is the only wellness coach and keynote speaker who combines seven professional health certifications with a licensed skydiver credential — and who has dedicated her career to the people who work hardest and rest least. She doesn’t just teach self-care. She lives it.