

# BEATRIZ MARTINEZ-PEÑALVER

THOUGHTS BECOME THINGS... KEEP THEM BEAUTIFUL.



- KEYNOTE SPEAKER
- WORKSHOP TRAINER
- AUTHOR
- PSYCHOTHERAPIST

## MEET BEATRIZ

**B**eatriz Martinez-Peñalver is a highly sought-after psychotherapist, speaker, life coach, and author. As a licensed psychotherapist and Triumph Steps Coach, Beatriz Martinez-Peñalver helps individuals gain dominion over their emotions and design a life that's in harmony with their Soul's purpose.

For over 30 years in the mental health field, Beatriz has placed thousands of individuals on the journey to Triumph, helping them build their dreams, accelerate their results, and create more fulfilling lives.

Beatriz is passionate about decreasing our current mental health crisis and advocates making emotional literacy an integral part of education. Science tells us that happiness is a skill that can be learned, and Beatriz dedicates her life teaching teens and parents how to be happy and certifying teachers and clinicians as coaches of the eight-step framework she developed. She has been featured on NBC, CBS, PBS, Univision Radio, Hay House Radio, and more.

She is the president and founder of Triumph Steps and the author of Triumph: A Curriculum for All Schools and Universities, which describes the eight-step therapeutic framework to triumph, an EASY system that anyone can use to create great results!

She is the Co-Founder of Healthy Connections, a community mental health center that has operated in Miami since 2001 and was named best mental health services in Miami-Dade in 2023. Before opening Healthy Connections, Beatriz ran a private practice where she led her patients to self-discovery and personal growth using positive psychology, cognitive-behavioral approaches, and meditation.

Beatriz offers inspiring workshops to audiences around the country as well as transformational in-depth coaching programs that help clients achieve new heights of success, meaning, and spiritual aliveness. The School Board of Miami-Dade County has recognized Martinez-Peñalver for her commitment to their students, their mental wellness, and emotional literacy nationwide.

Beatriz received the AXA 2019 Businesswoman of the Year in the category of Outstanding Healthcare Professional. Beatriz has been a nominee for the prestigious David Lawrence Jr. Champion for Children Award, recognizing a lifetime of notable achievements and dedication to children.



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