

BEATRIZ MARTÍNEZ-PEÑALVER, LMHC-QS

Founder & CEO, Triumph Steps



PSYCHOTHERAPIST • KEYNOTE SPEAKER • CEU/CLE EDUCATOR

EMOTIONAL WELLNESS & RESILIENCE *Transformation*

*Helping individuals,
schools, corporations,
clinicians, and
leaders develop the
emotional wellness
tools needed to thrive
in today's world*

Beatriz Martinez-Peñalver helps educators, school leaders, students, and families develop the resilience, emotional wellness, and life skills needed to thrive in today's increasingly demanding world. Passionate about decreasing the progression of our current mental health crisis, she teaches practical tools that help individuals manage stress, strengthen emotional well-being, and cultivate the belief that happiness is a skill that can be learned.

She is a **psychotherapist with more than 30 years of experience in mental health, speaker, author, and creator of the Triumph Steps® framework** and curriculum. **As co-founder of Healthy Connections Community Mental Health Center**, serving South Florida since 2001, she has dedicated her career to helping individuals build healthier lives through emotional literacy, resilience, and personal growth.

She is also the creator of Triumph Steps®, a framework used to support students, educators, parents, clinicians, and helping professionals. Trusted by schools, universities, school districts, and educational organizations, Beatriz has delivered professional development trainings, educator retreats, student programs, parent workshops, and resilience initiatives throughout Florida. Her work has supported teachers, administrators, counselors, support staff, students, and families in creating healthier learning environments and stronger school communities. She has been recognized for her commitment to student mental wellness, emotional literacy, and educator wellbeing.

Through engaging, practical, and science-based presentations, workshops, and retreats, Beatriz equips educators and school leaders with tools to manage stress, prevent burnout, strengthen resilience, improve workplace well-being, and create positive school cultures. Participants leave with strategies they can immediately apply in both their professional and personal lives, allowing them to better support themselves, their colleagues, and the students they serve.

AS SEEN ON



PHONE: 305-306-2779 • EMAIL: Beatriz@TriumphSteps.com • WEBSITE: TriumphSteps.com

A SPEAKING EXPERIENCE

TAILORED SPECIFICALLY FOR YOUR AUDIENCE



Whether it's a power-packed Lunch & Learn, an energizing keynote, or a full-on, full-day workshop—Beatriz brings the magic to every room she steps into. You're not just booking a speaker. **You're creating a transformational experience your audience will be talking about long after the event wraps.**

No two people are alike—and the same goes for organizations. Your audience has its own unique mix of wins, challenges, personalities, and goals. That's why Beatriz doesn't do cookie-cutter. **She creates custom experiences** designed to meet your attendees exactly where they are and take them where they want to go.

These interactive, high-energy sessions are packed with hands-on exercises and "aha!" moments that give your audience real clarity on what they want, what's getting in the way, and how to actually start moving toward a life (and work) they love. They'll leave feeling inspired, fired up, and armed with tools they can put to use immediately.

Sessions can be tailored from a quick **30-minute spark to a full-day deep dive**, so contact her today to explore the possibilities for your next event.

**TRIUMPH
STEPS®**



With Beatriz's engaging and interactive style, every session—whether a keynote, workshop, or training—is a powerful catalyst for success and transformation.



EMOTIONAL LITERACY

Leader & Advocate



Beatriz blends science, inspiration, and practical strategies in every presentation. Whether guiding educators, legal professionals, or university leaders, she shows how emotional literacy builds strength, prevents burnout, and sparks lasting growth.



A few of her most popular topics include:

- **When Adults Thrive, Students Thrive: The Science Behind Healthy School Cultures.** The neuroscience of co-regulation in schools: why caring for the adults is the most direct path to reaching the kids.
- **Keeping Great Teachers: Practical Strategies for Preventing Burnout and Strengthening Resilience.** Practical, evidence-based tools to protect educators' energy before burnout takes another great teacher.
- **Beyond Behavior: Understanding What Students Are Really Communicating.** Every behavior is a message; learn to decode what students are really saying and respond with connection, not just correction.
- **Emotional Literacy: The Missing Skill in Education.** The case for teaching emotional literacy as intentionally as we teach reading and math.
- **Strong Adults, Strong Schools, Strong Students.** How investment in adult wellbeing ripples outward into campus culture and lands, measurably, in student outcomes.
- **Teaching Beyond Academics: The Emotional Skills That Change Lives.** Grades open doors; emotional skills determine what students do once they walk through them.
- **Building a Culture Where Teachers Thrive.** A practical roadmap for leaders ready to move beyond wellness gestures and create conditions where teachers stay.
- **Helping Students Thrive Starts with Emotionally Healthy Adults.** Students learn emotional wellness from who we are, not what we say; this session helps educators tend their own first.

THE VISION WORKSHOP

3 KEYS TO ACCELERATING YOUR RESULTS



During this high energy training, you will have an opportunity to define, design, and experience your dream and receive the blueprint for how to turn your greatest possibility into your reality.

My Passion

Inspiring schools, organizations, and individuals to design and live lives, and cultures, they love by learning and applying our proven 8-step formula for emotional resilience, clarity, and personal triumph.

My Mission

To decrease the progression of our current mental health crisis by making emotional literacy a fundamental skill at every stage of life.

**TRIUMPH
STEPS®**

You Will Learn:

- Two essential keys for tuning into your purpose.
- Simple thinking-strategies that guard you from fear, doubt, and worry.
- Why happiness is a learned skill, and how emotional literacy strengthens your wellbeing every day.
- What wealthy people do that creates sustained success.
- The number one factor that causes people to lose steam when going after a dream, and how to stay motivated and override it.
- The one critical thing you must give up in order to reach your dream.
- And much more!



Beatriz's interactive workshop gave us the clarity and direction we needed to take our goals to the next level. We left with a renewed sense of purpose and confidence