

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 Martínez-Peñalver helps individuals and organizations develop the skills needed to thrive in today's high-pressure world. Passionate about decreasing the progression of our current mental health crisis, she teaches practical tools for stress management, resilience, emotional well-being, and the understanding that happiness is a skill that can be learned.

She is a highly sought-after psychotherapist, speaker, and creator of the Triumph Steps® framework, a resilience and personal development methodology taught to educators, mental health professionals, healthcare providers, and coaches. With over 30 years of experience in mental health, she is also the co-founder of Healthy Connections Community Mental Health Center, serving South Florida since 2001. 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.

Trusted by healthcare, education, legal, and corporate organizations, Beatriz has presented for Florida International University's Continuing Medical Education (CME) programs, Marriott International, professional associations, school districts, universities, hospitals, and continuing education providers. Her work has reached clinicians, physicians, educators, attorneys, executives, and helping professionals seeking practical strategies for resilience, well-being, and professional success. Through engaging, practical, and science-based presentations and retreats, she equips audiences with tools to manage stress, strengthen resilience, improve well-being, overcome limiting beliefs, and create lasting personal and professional growth.

AS SEEN ON



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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:

- **Thriving in a "More, More, More" World:** Practical strategies for managing stress, preventing burnout, and building lasting resilience in today's fast-paced world.
- **Beyond Burnout:** How individuals and organizations can prevent burnout while improving performance, well-being, and engagement.
- **The Science of Emotional Wellness:** The emotional skills that strengthen resilience, decision-making, relationships, and performance.
- **Happiness Is a Skill That Can Be Learned:** Neuroscience, Resilience, and the Triumph Steps Framework
- **Emotional Literacy: The Competitive Advantage No One Taught Us:** Why emotional literacy is becoming one of the most valuable skills for success at work and in life.
- **The Psychology of Peak Performance:** How our thoughts, habits, and emotional patterns influence performance, productivity, and fulfillment.
- **The Inner Skills That Drive Outer Success:** The science-backed emotional skills that shape performance, relationships, and lasting success.



We brought Beatriz in for a one-day workshop with 60 educators. It was so impactful, we've incorporated it every year since. Her program aligns beautifully with student wellbeing and academic achievement.

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

AV REQUIREMENTS

Beatriz is deeply committed to your group and recognizes the time, money, and energy you've invested in your event. She'd like to offer suggestions to help ensure you get the best possible return with a top-quality presentation.



SUCCESSFUL *Meeting Tips*

- **Seating arrangements can be either theater-style or round tables**, depending on the discussion during the initial planning meeting.
- **For events with a photographer present**, please don't take any photos during the first 15 minutes of the program since this can be distracting for both Beatriz and the audience during this crucial period of connection.
- **Please make sure the room is well lit especially the staging area.** People remember more and laugh more in bright rooms. Beatriz prefers to see the faces of the audience. This allows her to see how they are responding to her presentation.
- **If the event takes place in a hotel or auditorium, Beatriz requests that the room remains free of distracting noise from adjoining spaces**, such as music or other loud activities, to ensure the audience's focus and the intimacy of her presentation. Additionally, banquet staff should clear the room only after her presentation, as it is important to avoid disruptions during this time of engagement with the audience.
- **Audio and/or video taping is available with PRIOR WRITTEN AUTHORIZATION.** This includes any modification to the presentation. If the presentation is edited or cut in any way for public use, Beatriz must approve it before release.

MICS & *Tables*

- **For presentations with more than 30 people or in large spaces, Beatriz prefers to use a behind-the-ear microphone when possible.** Please ensure that the AV department has a backup microphone available at all times. We suggest that someone from your group be assigned to manage the microphone system to make any necessary adjustments for volume, bass, feedback, etc.
- **Beatriz brings her own PC computer and requires a way to project her PowerPoint presentation.** A clicker to change slides is indispensable for the smooth flow of her presentation. Since her sessions are highly experiential, incorporating meditations and visualizations she creates, a high-quality sound system is essential. She also needs the ability to control the lighting and turn it off as necessary to create the appropriate atmosphere for quiet reflection and meditation.
- Please have water available for Beatriz
- **Please have a table available for Beatriz's products** and someone available to assist her during the day of her presentation.