



# EMPOWERED BY DISCOMFORT

Changing The Conversation Around Challenges And How To Face Them With Confidence

**Cristina M. Ramirez** is a serial entrepreneur bringing her empowerment curricula to audiences everywhere - from children to corporations. Her programs have been implemented across 41 states, and with over 10,000 individuals.

A veteran of Wall Street and Silicon Valley, Cristina is an award winning coach, best selling author, Ironman triathlete and a USASA Snowboard National Silver Medalist. She has lived in Brazil, Chile, Morocco and across the US. She speaks 5 languages and has been interviewed in Spanish, Portuguese and English.

Cristina is a widowed single mom, and when not on her computer you will find her traveling with her boys, hiking with her dogs, or cleaning the cat litter.

## STORY IDEAS

- Empowered by Discomfort: How A Small Shift In Perception Can Change Your Life
- The Real Reason Why Moms Don't Have to Choose Between Making Money and Raising Kids
- How To Change From "I'll be Happy When" To "I am Happy Now"
- Chasing That High: How A Neighborhood 5K Turned Me Into An Entrepreneur
- How Empowering Your Team With A Growth Mindset Will Increase Profitability
- Build Confident Children by Allowing Them to Fail
- The Biggest Parenting Mistake Most People Make Has Nothing To Do With Your Children
- Compare and Despair: 3 Ways We Sabotage Our Self-Worth By Looking At Others
- Things Don't Happen For A Reason - Things Happen And You Give Them A Reason

