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TOPICS

- TRANSFORMATION
- COLLABORATION
- PRODUCTIVITY

WHO AM I

International speaker, President of Real Coaching. Certified success coach and the creator of Redesign Your Life, a program that helps high achieving professionals take their game to the next level in all aspects of their life.

As a Uruguayan who's lived in New York City half of my life, raising kids alone in the United States, living in Africa, working for the United Nations for over 20 years and traveling all over the world, I have incorporated my diverse background to my speaking.



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MY DEMO



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BE THE COMPANY EVERYONE WANTS TO WORK FOR

Give your employees the support and training they want so they bring 100% to work and are fulfilled in all aspects of their lives

ACTIVATE YOUR POTENTIAL

ADVERSITY & OBSTACLES AS OPPORTUNITY FOR GROWTH

(Motivation & inspiration)



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WORKSHOP

Do you remember Blockbuster, Kodak and Blackberry? They no longer exist. Today's world moves fast, companies and people must embrace change to survive and succeed.

The ability to adapt is increasingly important. Companies that failed to adapt risk becoming obsolete, while those that support and encourage transformation can gain a competitive advantage.

Approaching challenges, change and obstacles from a positive perspective helps people embrace change and therefore perform at the top level. Reforming the way you work requires intention, process, and commitment. It starts with leadership, showing a clear vision and strategy, and then empowering and supporting your employees to execute that vision.

It is essential to recognize that the traditional 9 to 5 work model is no longer the norm. By taking a holistic approach to human performance in the workplace, businesses can thrive in the post-pandemic world. The plan should include investing in employee training and development and fostering a culture of innovation and creativity.

TAKEAWAYS

YOUR AUDIENCE WILL:

- Discover actionable steps to use obstacles to your advantage
- Learn the power of fostering change
- Embrace adversity as a tool for growth
- Identify the mindset needed for adaptability and innovation and how to use it at home and at work
- Practical tools to promote change and transformation in all aspects of your life
- Learn to be accountable for their decisions and how to see mistakes as lessons

THE POWER OF TOGETHER THE POWER OF DIVERSITY

UNLOCKING THE POTENTIAL OF COLLABORATION

(Leadership & teamwork)



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KEYNOTE

39% of employees say that people in their organization are not collaborating enough. According to a global survey on collaboration in the workplace, 39% of employees surveyed feel that their colleagues are not collaborating enough. According to the Harvard Business Review 97% of HR leaders say their organization has made changes that improved DEI. Unfortunately, just 37% of employees strongly agree that their workplace has made changes to improve DEI.

Diverse companies enjoy 2.3 times higher cash flow per employee. Diverse management has been shown to increase revenue by 19 percent. Gender-diverse companies are 15 percent more likely to beat industry median financial returns.

Collaboration allows people with different backgrounds, experiences, and perspectives to come together and share ideas, which can lead to new and innovative solutions to problems.

Improved Problem Solving – Working with others can help identify different perspectives and potential solutions to problems, leading to more effective problem solving.

Increased sense of belonging and commitment: Collaborating with others can help create a sense of belonging and foster commitment and motivation to achieve a shared goal.

TAKEAWAYS

YOUR AUDIENCE WILL:

- Understand the importance of collaboration in achieving personal and professional goals
- Identify attributes necessary to be a good collaborator
- Explore different ways you can collaborate
- Discover how collaboration can enhance creativity and innovation
- Learn to overcome obstacles and challenges collaboratively
- Explore the benefits of working with people of different cultures, genders, and social backgrounds

DOMINATE YOUR TIME

ORGANIZE YOUR LIFE. UNLEASH YOUR FULL POTENTIAL

(Performance & productivity)



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WORKSHOP

According to a study from the University of Chicago, one of the most common complaints among those over 30 is that they do not have enough time to devote to their career and family.

The reality is that what is missing is not time, but priorities. By managing time efficiently, participants can lead more productive lives, reduce stress, and improve their quality of life.

Learning to prioritize tasks and set realistic deadlines can reduce the anxiety associated with work and the guilt associated with family.

Another benefit is the improved ability to make effective decisions and take action more quickly.

Finally, with clear techniques you can be more productive in your daily work and in your family.

TAKEAWAYS

YOUR AUDIENCE WILL:

- Audit your 24 hours
- Identify what is blocking you
- Eliminate distractions and focus on prioritizing what's important
- Get clarity to know what you want
- How to achieve a healthy balance between work and family life
- Manage time in a practical way and to your benefit
- Set goals and deadlines
- Acquire planning techniques to achieve goals

TESTIMONIALS



FARRAH



iarmreal73



DOUBLE CLICK TO WATCH

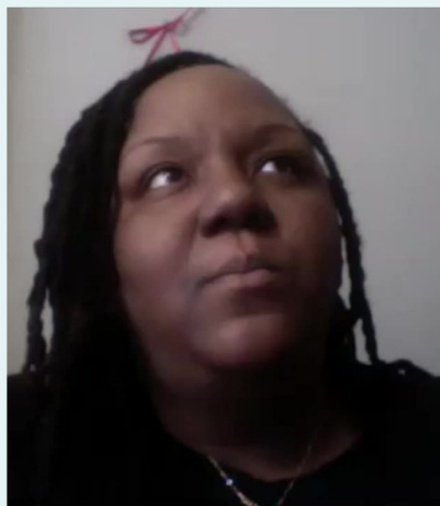
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WHAT PEOPLE ARE SAYING

"I LEARNED THE IMPORTANCE OF OWNING YOUR DECISIONS $E + R = O$ (EVENT + RESPONSE = OUTCOME). IT IS NOT ABOUT THE SITUATION BUT HOW YOU APPROACH THE SITUATION"

Michele, NYC

"I'VE BEEN ABLE TO TRULY ACTIVATE THE POTENTIAL I DIDN'T KNOW I HAD!"

Mike, NYC

"I want to live on the B side of my life after hearing Macarena's talk. I was moved to tears and laughed so hard my cheeks hurt."

Jennifer, Brooklyn, NY

REAL PEOPLE, REAL TALK

Macarena is passionate about life coaching and in wanting to share it with others. She speaks about the topic with knowledge and is thoughtful and caring in conveying her message which I always found clear and enlightening. She has greatly helped me in various areas of my life and would recommend her without hesitation.

Sophia, Miami FL

I didn't realize I had completely abandoned myself until I heard this talk. Very, very powerful. I can't wait to see what I can accomplish

Lauren, NYC

FEE SCHEDULE

USA & NORTH AMERICA

60-90 minute workshop or keynote	\$3,500
1/2 day workshop- up to 4 hours	\$5,000
All day workshop-up to 8 hours	\$7,500
2 day retreat	\$12,000

NON PROFIT & EDUCATION

60-90 minute Keynote.	\$2,000
Half day (up to 4 hours)	\$3,500

CENTRAL & SOUTH AMERICA, EUROPE

Please contact me by email or text to discuss fees and travel arrangements

IMPORTANT

Please call for pricing on custom programs. We recommend a \$1,500 travel buyout for airfare, ground and food for all US speaking engagements. Hotel to be booked and direct billed by client