

DOCTOR EDD, HHP

Catalina Andrade

MINDFULNESS EXPERT FOR K-12 PROFESSIONALS

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POPULAR SPEAKER PRESENTATIONS

PRESENTATION TOPIC #1

H.E.A.R.T.S. Method

A 6-Phase Journey To Mindfulness For K-12 Professionals

In this presentation, your audience will engage in exercises to pause, reflect, and use mindfulness to restore their balance.

PRESENTATION TOPIC #2

Empowering K-12 Professionals

The Role of Mindfulness in Self-Care and Student Support

In this presentation, your audience will learn how to use mindfulness to stay grounded, build resilience, and support others.

PRESENTATION TOPIC #3

Harnessing The Power Of Mindful Self-Care

A Heart-Centered Approach to Well-Being

In this presentation, your audience will learn how to use mindfulness to reduce stress, find balance, and care for themselves.

ABOUT DR. CATALINA

I am **Dr. Catalina Andrade**, and I am here to help you make mindful wellness and self-care the foundation of your school community:

Through my H.E.A.R.T.S. Method: A 6-Phase Journey to Mindfulness for K-12 Professionals,

I guide and support the dedicated teachers, counselors, school social workers, and staff who pour their hearts into caring for students so they can care for themselves, too.

Unlike other stress-reduction methods that focus just on stress management, my approach promotes resilience, presence, and emotional well-being. By honoring self-discovery, receiving healing, and transforming old patterns, K-12 school professionals can shift from exhaustion to renewal and from overwhelm to ease.

It is unjust to see the most caring people in schools, those who give so much, struggle silently. It is time to change this because K-12 school professionals deserve to thrive, not just survive. Let us create a movement where well-being is not an afterthought but the foundation of a thriving school community! Explore how I can support you and your school today.

AUTHOR, SPEAKER, CONSULTANT & TRAINER



Dr. Catalina Andrade provides a practical approach to lasting well-being. Her talks go beyond inspiration. They equip educators with fundamental, practical tools to use immediately to manage stress and restore balance. Each session provides:

Mindfulness practices that fit into busy schedules – Simple yet powerful techniques that help staff release stress in real-time.

A supportive and judgment-free space – An opportunity for educators to explore mindfulness that feels accessible and natural.

Sustainable self-care strategies – Practical ways to prioritize well-being without feeling like it is just another task on their to-do list.

Dr. Catalina ensures attendees not just listen, but experience mindfulness firsthand and walk away with actionable techniques they can implement that day.

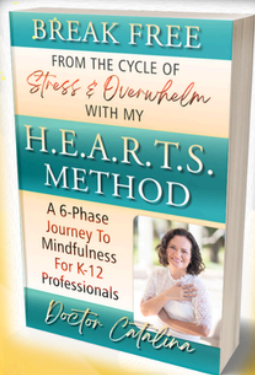
BOOK DR. CATALINA TO SPEAK SOON!

"Dr. Catalina's presentations are always insightful and inviting, creating a warm and engaging space for the audience. I appreciate the effective mindfulness techniques she shares." — C. Roberts, Director of Operations & Governance, MANA de San Diego, San Diego, CA

"Dr. Catalina, you were absolutely amazing!!! Loved the mindfulness exercises to embrace wellness." — A. Brunner, San Diego, CA

"Thank you, Doctor Catalina for your insightful presentation and reminders on finding our inner peace." — L. Nunez, San Diego, CA

Your speaking style is both engaging and soothing, immediately capturing the room's attention. Your ability to seamlessly guide us through mindfulness practices made a clear impact on the audience. " — J. Campero, LMFT (Licensed Marriage & Family Therapist) Chadwick Center for Children & Families, San Diego, CA



Have an education budget? Purchase some of my books for your audience and receive a discount on my speaker services. Let's discuss the possibilities! **DoctorCatalina.com**