

## Storyteller ✨ Strategist ✨ Student of Pain

Founder of the Positive MOM®, **Dr. Elayna Fernández** is a best-selling author, and globally acclaimed Latina speaker, corporate trainer, and media personality. As a multiple-time trauma survivor, her mission is to help leaders empower people to break cycles, find peace, and feel whole - at home, at work, and in their communities around world.

*To book Elayna, contact [elayna@thepositivemom.com](mailto:elayna@thepositivemom.com).*



### Improve Your Work Culture and Boost Your Business Growth with Communication C.P.R.

Implicit bias, microaggressions, and otherness can impact employee engagement, performance, and retention. As an immigrant to the United States of over 20 years, she shares:

- ✨ *One easy shift to thrive through conflict in even the most hostile workplace environment*
- ✨ *Her simple 3-step communication model to help leaders restore trust, create emotional safety, and resolve emotional injuries at work*
- ✨ *The most essential key to help diverse team members feel safe, included, and that they belong*



### How to Harness The Power of S.T.O.R.Y. TELLING to Transform Your Business

A well-told emotional story will help you reach your brand awareness, traffic, and conversion goals through the power of stories. As an award-winning story strategist, and creator of the S.T.O.R.Y. System for Transformational Storytelling, she will share:

- ✨ *How to design compelling stories that create trust and connection, and inspire action.*
- ✨ *The Principles of Storytelling that will accelerate your business impact and results.*
- ✨ *The 5 components that ignite transformation in your team, customers, and partners.*



### The Alchemy of Pain: How to Transform Your Pain into Positive Growth

Dr. Fernández teaches that "pain is the common thread of humanity," and that leaders must learn to be trauma-informed to become both successful and supportive. She teaches:

- ✨ *The easy cure that dissolves the 3 biggest barriers that keep us stuck in trauma, so we can achieve our boldest goals and feel a deep sense of fulfillment.*
- ✨ *A simple, short, free daily practice that combines ancient wisdom, modern science, and spirituality to help us process even the deepest pain distilled from 25 years of research, decades of experience, and an 8-day coma.*
- ✨ *A proven, evidence-based way to activate healing, while being present, connected, and compassionate with ourselves, that you use anytime, anywhere!*

