

María Tomás-Keegan

Career & Life Coach for Women
Transition Expert | Speaker | Author
Trainer | Workshop Facilitator



María brings a practical, heart-felt approach to career and life transitions so women can work through their upside-down times in life. They step back into their confidence with dignity and grace.

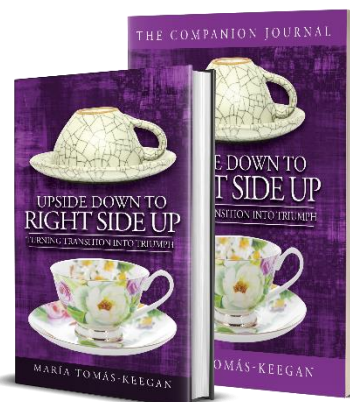
In her talks, workshops, groups and private coaching, her thought-provoking stories inspire women to open up to the possibility of growth through change. She creates an open, safe space where calm replaces chaos and design overrides default.

Women's Groups | Radio/Podcast Guest | Lunch & Learn |
Book Club Guest Author | Panelist | Online Summit | Workshop

María will inspire your audience, get them involved and thinking about their own next steps to meaningful change. She customizes her talks so that your group will get the most benefit.

Talk Title Ideas

- ❖ *Adapting to Change:*
Why It Matters & How to Do It
- ❖ *Creating a Firm Foundation:*
When Life Turns Your World Upside Down
- ❖ *Stepping into Your Personal Power:*
5 Steps to Move Forward with Dignity and Grace



To design a talk for your group please email María at:
Maria@TransitionAndThriveWithMaria.com

As featured on:

