



MOVEMENT DISRUPTS
THE ENERGY

The mindful, motivational, and
meaningful speaker.

Leticia Escamilla

Stress to Serenity Presentation

STRESS TO SERENITY: ACHIEVING CALM IN THE CHAOS PRESENTATION

In today's fast-paced world, stress has become an unavoidable part of your daily life, often leading to burnout and diminishing your overall well-being. "Stress to Serenity: Achieving Calm in the Chaos," provides easy, practical, and effective mindfulness techniques designed to help you improve and enhance your well-being right from your seat.

TESTIMONIAL

Through her mindfulness sessions and stellar public speaking, she provides motivation that lasts. Leticia is able to engage with the audience. I highly recommend her!

Amy Matthews HR & Business Development, Nevada Association of Employers

ABOUT LETICIA ESCAMILLA

Since 2020, Leticia has been delivering engaging programs and presentations that equip leaders and their teams with simple, practical mindfulness techniques to manage stress and foster healthier, happier well-being both inside and outside the office.