



meet **Estela!**

YOUR WELL-BEING BFF



Estela is the dynamic healthy energy that emits inspiration and drives engagement and action.

Envisioning a world where leaders ease work stress and Experience Better Well-being at work and in life.

IN-PERSON + VIRTUAL

Estela Barraza, a seasoned speaker and consultant in healthcare, service, and education, has over a decade of experience in exercise, health, and well-being. With a Master of Science in Exercise and Wellness from Arizona State University, Estela is dedicated to broadening her audience by sharing her engaging story, empowering them to make informed, healthy choices daily, and enhancing their well-being.

From a young age, Estela discovered the transformative impact of physical activity, propelling her towards a purpose-driven path and a thriving career in wellness. Estela's innovative approach to educating and motivating individuals towards better health is ahead of industry trends. She pioneers innovative approaches to promote health and well-being. Her impactful programs have garnered accolades such as the AZ Health Department, AZ Governor's Award, and White House recognition.





SERVICE TOPICS

-  **STARS 365 WELL-BEING WORKSHOP**
Designed exclusively for leaders seeking to enhance their well-being through five essential pillars of effective well-being leadership to drive healthy change within their organizations.

-  **LEADING BY EXAMPLE: IGNITING EMPLOYEE ENGAGEMENT THROUGH WELL-BEING**
-  **EMPOWERING LEADERS: MAXIMIZING IMPACT THROUGH INDIVIDUALS' COGNITIVE ECONOMY AND WELL-BEING**
-  **WELL-BEING ANCHORS: RESILIENT LEADERSHIP IN CHALLENGING ENVIRONMENTS**
-  **RADIATE PEAK PERFORMANCE: HOW WELL-BEING DRIVES PRODUCTIVITY**

AS SEEN IN



CLIENT TESTIMONIALS

"Estela has joined me as a co-presenter in several of my seminars where she gave powerful presentations on well-being."

*Paul Brunoforte,
CEO & Speaker*

"Estela is one of the most enthusiastic and knowledgeable resource for all things healthy living. She walks the talk and has passion for others to experience their very best health through her content. **She's authentic, fun, inspiring and impactful.**"

*Genevieve Skory,
CFDO*

"I enjoyed hearing about health topics and how to improve, Estela has such passion and enthusiasm and keeps the audience engaged"

*Jo Summer,
Board Member*



www.EstelaBarraza.com



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