



LAURA SGROI

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CERTIFIED COACH
PUBLISHED AUTHOR
ENGAGING SPEAKER



LAURASGROI

Personal Statement

I COACH HEARTS & BRAINS LOOKING FOR POSITIVE CHANGE. As a Certified Positive Lifestyle + Business Coach I engage with clients in a deep brain and heart-storming process that empowers them to pursue their own concept of personal and professional success.

New Book! IN OUR THIRTIES

IN OUR THIRTIES
Insights and Expert Advice For This Decade and Beyond. Mrs. Sgroi invites friends from all around the world to share their own experiences. Along with 30+ contributors, she sheds some light on the questions and opportunities unique to our thirties.

Qualifications

- 15+ Years Successful Career in Entertainment Production
- Bilingual Published Author and Engaging Speaker
- Certified Professional Coach by the University of Miami, an Accredited Program by the International Coaching Federation

Laura Sgroi

Bilingual speaker | Certified Coach | Author of "In Our Thirties"



Laura Sgroi is an all-around human connector, helping people find well-being, fertility, and positive change. She is the author of *In Our Thirties*, certified coach and speaker who works with individuals and organizations globally. Prior to coaching, she enjoyed a sixteen + year international career in live events, television production, and corporate communications. Her credits include Guns N' Roses, Santana, Ricky Martin, Viacom, Univision, Sony Music, Billboard, and the National Association of Television Program Executives (NAPTE). Her writing has been published in *Glamour Mexico*, *Glamour Latin America*, *Motherly*, *CafeMom*, *Univision Contigo*, as well as on her website and blog. Originally from the Dominican Republic, she now lives in Miami and holds an MA in *Corporate Communications* and *Public Relations* from Universitat de Barcelona, a BA in *Marketing* from Instituto Tecnológico de Santo Domingo, and a *Professional Coach Certificate* from the University of Miami.

Previous Partnerships



Speaking Topics

My Fertility Journey

As a Message of Hope

One in six people struggles with infertility. Laura's inspiring fertility success story against great odds has guided and supported individuals and couples trying to conceive around the world. Through evidence-based data and a non-invasive natural approach, Laura will show you nine steps to improve your chances of conceiving naturally or assisted by making lifestyle choices and mindset shifts.

Life In Our Thirties, Forties & Beyond

Thriving in early mid-life

Based on her book *In Our Thirties*, Laura shares insights and expert advice while exploring the opportunities and challenges in the years that follow the big 3-0, inspiring a deeper, more mindful journey that leads to self-discovery, growth, and wisdom.

Well-being Is The New Revolution

A State of Comfort, Health & Happiness

Well-being is a foundation for impact. Therefore, taking responsibility for your well-being is foundational to conscious leadership. Learn the how-to's of Energy Management, Emotional Intelligence, Self-Awareness and the practices that will revolutionize your personal and professional life.

Committed, humane, close, credible, relatable... Laura really walks the talk!

—María Gabriela Hoch—
Sacred Activist & Founder WE Evolution and Vital Voices Miami

Continually aiming for transparency, Laura defies her vulnerability to create bilingual content of substance that her multicultural audience can relate to and engage with. Through authentic, interesting, and informative ways she has gained and kept the trust and loyalty of a supportive community, online and offline.

Book Laura Sgroi for your next speaking event

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Laura Sgroi

Oradora bilingüe | Entrenadora certificada | Escritora

Laura Sgroi es un ser humano integral que conecta y ayuda a personas a encontrar bienestar, fertilidad y cambios positivos. Es autora de "In Our Thirties", entrenadora certificada y conferencista para individuos y organizaciones a nivel mundial. En sus inicios profesionales, disfrutó de una carrera internacional de más de dieciséis años en eventos en vivo, producción de televisión y comunicación corporativa. Sus créditos incluyen Guns N' Roses, Santana, Ricky Martin, Viacom, Univision, Sony Music, Billboard y la Asociación Nacional de Ejecutivos de Programas de Televisión (NAPTE). Sus escritos han sido publicados en Glamour México, Glamour Latinoamérica, Motherly, CafeMom, Univision Contigo, así como en su sitio web y blog. Originaria de República Dominicana, ahora reside en Miami, FL y tiene una Maestría en Comunicación Corporativa y Relaciones Públicas de la Universitat de Barcelona, una Licenciatura en Marketing del Instituto Tecnológico de Santo Domingo y un Certificado de Coach Profesional de la Universidad de Miami.



Alianzas anteriores:



POPSUGAR.



SOUTH FLORIDA FERTILITY EXPO



cafemom

Temas para charlas

Mi Historia de Fertilidad

Como Mensaje de Esperanza

Una de cada seis personas lucha contra la infertilidad. La inspiradora historia de éxito de fertilidad contra todo pronóstico de Laura ha guiado y apoyado a individuos y parejas que intentan concebir en todo el mundo. A través de datos basados en evidencia y un enfoque natural no invasivo, Laura mostrará nueve pasos para mejorar sus posibilidades de concebir de forma natural o con tratamiento, a través de cambios de estilo de vida y de mentalidad.

La Vida en Nuestros Treinta, Cuarenta y más allá

Creciendo en la Mitad de la Vida Adulta

Basado en su libro "In Our Thirties", Laura comparte ideas y consejos expertos al explorar con su generación, las oportunidades y desafíos en los años que siguen a los treinta, inspirando un viaje más profundo y consciente que conduce al autodescubrimiento, el crecimiento y la sabiduría.

El Bienestar es la Nueva Revolución

Un Estado de Salud, Felicidad y Comodidad

El bienestar es la base del impacto. Por lo tanto, asumir la responsabilidad del bienestar propio es fundamental para ser líderes conscientes. Laura presentará métodos de gestión de energía, inteligencia emocional, autoconciencia y prácticas que revolucionarán su vida personal y profesional.

Comprometida, humana, cercana, creíble... ¡Laura realmente predica con el ejemplo!

-María Gabriela Hoch-
Activista Sagrada y Fundadora de WE Evolution y Vital Voices Miami

Con el objetivo continuo de ser transparente, Laura desafía su vulnerabilidad para crear contenido bilingüe de sustancia con el que su audiencia multicultural pueda identificarse y hacerse parte. Con su estilo auténtico, interesante e informativo, se ganó y mantiene la confianza y la lealtad de una comunidad de apoyo, en persona y en línea.

Contrata a Laura Sgroi para próximos eventos

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