



LAURA POSADA

Certified Life Coach

Philanthropist

Attorney

**Certified Personal
Trainer**

Book Author

TV Personality

Baseball Wife

**Foundation
Co-Founder**



Speaker Topics

- ◆ *Health & Wellness*
- ◆ *Life's Challenges*
- ◆ *Motivation & Inspiration*
- ◆ *Parenting*
- ◆ *Goal Setting*
- ◆ *Transition & Change*
- ◆ *Communication Skills*
- *Balanced Mind, Body & Soul*

Laura is an exceptional motivational speaker on numerous topics. She and husband Jorge, New York Yankees legend, are parents to a son born with a medical condition called craniosynostosis and have co-founded an organization to help other families with this condition.

Laura is also a health and fitness advocate and has authored a book on the subject. As a certified life coach, she speaks with women and families on a variety of issues as they relate to business, family, life or career. Her speeches can be in either English or Spanish.

Laura is a true renaissance woman!

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