Ana Laura



Garza García

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Skills Mental Wellbeing

Influencer Counselor Focusing Trainer

Organizational Human Development Consultant

Humanist & Body

Therapist

Writer & Speaker







Person – Groups - Organizations

Living Tools´ Creator & Distributor

Positive leader, counselor and consultant with more than 30 experience years. Specialized in Mental and Emotional Health, Positive Psychology and Organizational Human Development. International author & speaker.

Education

Clinical Counseling and Mental Health M.D. St. Mary's University, USA. Human Development M. D. Universidad Iberoamericana, Mexico.

Public Accountant & Auditor, Univ. A. Nuevo León, Mexico.

Certifications

Trainer & Therapist, The International Focusing Institute of NY. Mindfulness, ITESM. Positive Psychology, TecMilenio. Coaching with NLP, J. Grinder. Heal Your Life® Teacher.

Ontological Coaching, Duhne. Organizational Dev. UDEM.

Professional profile

* EdD Institute founder, whose mission is to create spaces for the Mental Wellbeing development and the violence prevention.
* In 2020, Training PAE+ creator, Program for Emotional First Aid Brigadiers, with more than 3,800 people trained in Mexico, US, Caribbean, Central and South America.
* In 2020, director of [www.buscayencuentra.com.mx,](http://www.buscayencuentra.com.mx/) online store of mental wellbeing products & services.
* LifeCounseling Creator. A model of Counseling, Coaching, Focusing and Positive Psichology.
* Student counselor and Human Development professor.
* Diplomas designer and facilitator for national universities.

Publications

PAE+ Emotional First Aid Basic Mannual, 2021 From Violence to Love, Work Book.2021 Questions for Living, 2018 Ed. 2, 2021

Pandemic Notes. 2020

Volunteering and community support

In Mexico: Family Pastoral of Mexican Episcopate Conference, National APAC, Univ. of the Elders of Univ. A. Nuevo León.

In the US: Be Strong Families, Aurora Public Library, IncludeNYC.