

Caroline De Posada

Official Biography

Caroline de Posada is an international, bilingual speaker and author who helps men and women live their best life while maintaining meaningful relationships. Her movement, “Be There Even When You’re Not,” teaches busy professionals how to create a presence in the lives of those who matter most even when they’re not physically present.

As a wife, mother of three, lawyer and entrepreneur, Caroline brings a warm and honest perspective on how to build significant, resilient relationships with loved ones, colleagues, and clients. Her audiences discover strategies for embracing growth in small, daily moments and turn challenges into character-building opportunities.

Caroline witnessed the power of personal development while managing the career of her father, global speaker and best-selling author Dr. Joachim de Posada. After her father’s death in 2015, Caroline sold her successful law practice and devoted herself to continuing her father’s legacy of helping others define and achieve success.

Caroline has worked with women’s empowerment groups, non-profit organizations, and organizations like Microsoft, FIU Business, and Cargill. Her first book, *Looking over the Edge: A True Story of Facing Fear, Finding Your Way, and All the Lesson in Between*, is an inspiring and uplifting family journey wrapped in a gripping tale of true-life adventure.

Caroline lives in Miami with her husband and three sons. She loves jigsaw puzzles, building legos with her kids, and running the occasional marathon.

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