

CAROLINE DE POSADA

Mindset • Wellness • Relationships



BIO

Caroline, aka Caro, is a bilingual author, speaker, and life coach who helps people bridge the gap between where they are and where they want to be.

As a result of working with hundreds of people struggling to balance their careers, relationships, and health, Caroline has developed powerful programming centered around mindset, wellness, and relationships.

Her work brings together engaging communities of people who are bonded by a desire to be a better version of themselves.

ABOUT THE BOOK

As a wife, the mother of three boys, author and lawyer turned life coach, Caroline shares a warm and honest perspective on how to build a meaningful and healthy life.

Looking Over the Edge: A True Story of Facing Fear, Finding Your Way, and All the Lessons in Between, is a gripping tale about a family's spontaneous trip to the mountains of North Carolina that delivered more memories than expected—wonderful, harrowing, and heart-warming ones. With three little boys in tow, a journey up the mountain teaches unexpected lessons in inspiration, wisdom, and perspective.



AUDIENCE

85%

Women

75%

Latin

80%

U.S. Based



BRAND EXPERIENCE

Fortune 500 companies including
Experian, Microsoft Global
Educational Institutions
Women Empowerment Organizations
Non-profit Organizations
Book Clubs
Teen Groups

Caroline de Posada

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CAROLINE DE POSADA

Looking Over the Edge

ASK THE AUTHOR

Here are a few sample questions and answers you may use when interviewing Caroline. Please [click here](#) for a pdf version.

What's the biggest takeaway from this book?

There are so many life lessons weaved into the story, but one of the biggest ones is that you're always in training for something bigger. All the events that took place leading up to that climb were training us for that very moment, even though we didn't know it. We all have obstacles, challenges, and unique experiences that (if we take time to reflect on) are tools in our toolbox to help us in our journeys. Humans are resilient beings and this perspective reminds you to tap into that resilience.

Who's this book for?

This book is for anyone who wants to find the magic hidden in their daily lives, open themselves up to new experiences and change the way they look at the difficult experiences they've gone through.

What readers love about it is that it's so family friendly so anyone in the family can read it and enjoy it.

You have a lot of teaching moments with your kids in this book. How do you know when an experience is a teachable moment for your kids?

Most experiences are teachable moments (not only for our kids, but for ourselves.) One of the takeaways of this book is to show how you can change your life by changing the way you look at it.

Perspective is powerful. When we're willing to approach our lives with curiosity and look for the lessons, that's when we discover those teachable moments.

Highlights about Looking Over the Edge:

Makes a great gift, especially for parents

It's a beautiful story for families (and will

inspire you to take trips with your family!)

It's a quick and easy read

It's an end of year story

It's uplifting, exciting, and heart warming

It's a true story

But what about when life seems so hard, and you just don't want to burden your kids with adult problems? How do you protect them when life gets too hard?

I hear this question all the time from my clients. They are scared of ruining their kids' childhood or they're afraid their kids can't handle things. My first suggestion is get a handle on how you approach problems. I have an entire formula that I teach called CORE. Stands for Clarity, Organization, Resilience, and Emotional Intelligence that walks you through how to achieve goals and overcome obstacles. LOTE is a true story with real life CORE applications. So you think about the lessons we talked about — choosing your response and your own way, tapping into your resilience, and looking for synchronicities.

And then from that perspective, talk to your children. Your children are just as (if not more) resilient as you are. They have wisdom, opinions, and contributions for your family. When they know what's going on, then they too can choose their response, tap into their resilience, and look for synchronicity. We get to trust that they're going to be okay because they are in training for something bigger. So if they are faced with some of life's hard challenges, that's because they've been chosen to add those tools to their toolbox. Sometimes we wish it wasn't so, but there is magic even in the hardest moments if we look close enough.

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Looking Over the Edge

ASK THE AUTHOR

Speaking of challenges, it seems we've faced one huge challenge after the other in the past few years. We're just recovering from a global pandemic and suddenly we're facing the highest interest rates we've seen in the last 40 years, inflation is at an all time high, and whispers of a looming recession. How can a person handle all the uncertainty they may be facing right now?

That's a great question, and it boils down to 3 lessons you can glean from LOTE. It's a New years story that applies the howl year about the power of:

Choice

Resilience

Connecting the dots - finding meaning in any circumstance

Choices — Holocaust survivor Victor Frankl in a Man's Search for Meaning shares everything can be taken from a person but one thing: the last of the human freedom is to choose one's attitude in any circumstance, to choose one's own way.

In the book two families are presented with similar circumstances: fear, risk, and the need to protect their family. But within these similarities were unique circumstances, different personalities, goals, etc. Each family had to choose their own way given all the factors.

Resilience - We all have tools in our toolbox that serve us in moments of uncertainty and chaos. It's about leaning into the tools we already have and understanding that we are on training grounds acquiring more tools for our toolbox.

This simple mindset shift can change everything.

Connecting the dots. Synchronicity is the process of finding meaning in circumstances even when they have no causal connection. We talk about having big eyes in the book, and it's all about finding synchronicity - even the most random places.

Choosing to look at life this way inspires hope, joy, and meaning even in the tough times. It helps us see that life is rigged in our favor and happens for us rather than to us.