IVANNA CASADO

Ivanna Casado is a certified Executive Coach, Keynote Speaker, and Organizational Facilitator who coaches and trains corporate leaders and Fortune 500 companies (including HBO, New York Life, and HSBC) with her expertise in organizational effectiveness, mindfulness and employee wellness.

Ivanna's personal experience with burnout in high-performance roles, along with her passion in neuroscience and human behavior, has shaped her mission to minimize stress, create sustained workplace success, and align leaders with their authenticity, humanity, and business goals

A partner with CHIEF, regular article contributor to Insight Timer, and passionate content creator, Ivanna embraces opportunities to educate and facilitate on minimizing burn-out and maximizing happiness, wellbeing, and performance in the workplace

Head here to learn more or work with Ivanna.

CONTENT TOPICS

CREATE HIGHLY EFFECTIVE BRAIN HABITS

- Learn how to assert yourself
- Enable your best performance
- Manage stress effectively

CULTIVATE INNER PEACE AND CALM

- Mindfulness-based burn-out prevention practices
- Unsubscribing from hustle-culture
- Treating workaholism as an addiction

CHAMPION MENTAL HEALTH

- Supporting the employee experience
- Boosting organizational effectiveness
- Fostering psychologically safe work environments

CHALLENGE LEADERSHIP NORMS

- Separating women's leadership from the typical masculine archetype
- Leading authentically and compassionately in VUCA working environments
- Changing negative workplace dynamics that feed burnout

CAPTURE INNOVATIONS

- Identifying your workplace culture algorithm
- Training executives on the science that links self-care with performance
- Embracing DEI as centric to innovation, profit, and a more engaging workspace

AUDIENCE

Ivanna's content speaks to corporate executives, managers, HR leaders, and Learning/Training and Development specialists.

Her work resonates with individuals or organizations who have experienced burnout or wish to learn more about burnout prevention, employee engagement, well-being, and performance.

PRESS QUOTES

"Sometimes, the truth is that there is very little we can do to change our external circumstances. But, what we CAN do is look at and change the way we internalize, process and approach our situations and circumstances in life."
–Ivanna Casado, Insight Timer-

"When we are no longer in control of our external circumstances, we have no other choice than to search within and activate our inner powers."
–Ivanna Casado, ShoutOutLA-

Cultural rewards and social status in the workplace are often associated with overworking, busyness, people pleasing, niceness and workaholism. Paradoxically, the result of these biases is actually taxing to the profitability of many organizations because our biology is not equipped to sustain these trends and behaviors for long periods of time. Burnout, the great resignation, quiet quitting — all these trends are symptoms of a system that has never worked and will never work because it wasn't created with our biology or humanity in mind.
-Ivanna Casado, Authority Magazine
Medium Magazine

"Success is not an external process–it's not the tip of the iceberg. Success begins from within and is the result of mastering your own process every day. This is what leads to more profitable, happy, and healthy organizations."
-Ivanna Casado, Canvas Rebel-

"Self-improvement thrives in understanding, non-judgmental and shame-free environments. Supporting, self-compassionate practices can keep our inner-critic and ego away from making an entrance every time we stumble in the path to achieve self-mastery.
–Ivanna Casado, Insight Timer-

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