

Lolita Guarin

Speaker | Stress Management Expert | 6× #1 Amazon Bestselling Author

I'm Lolita Guarin — a 6× #1 Amazon bestselling author, stress management expert, coach, and speaker — and I help people understand stress in a way that feels human, relatable, and practical. I know stress from the inside out. I'm an immigrant who built a life and career in a new country, navigating pressure, responsibility, and the constant drive to “figure it all out.” I spent years pushing through high-stress environments until stress caught up with me in a very real way. That turning point changed everything — not just how I live, but how I support others.

Over the years, I've spoken at live and virtual events, led workshops and trainings, and shared my message on 200+ podcasts. Whether I'm speaking on a stage, on Zoom, or through a microphone, my goal is always the same: to help people feel seen, understood, and capable of real change.

I'm the creator of the CALM Process, a simple framework that helps people clarify what they can control, accept what they can't, limit what drains them, and multiply what supports them. I weave this process into my talks so audiences don't just feel inspired — they leave with tools they can actually use.

When I speak, I don't talk at people. I speak with them. I share real stories, invite reflection, and create conversations that continue long after the event is over — whether in the workplace, at home, or within themselves.



Topics include:

- **Stress, Burnout & Emotional Resilience in High-Pressure Environments.** A practical, eye-opening talk that helps audiences understand the root causes of stress and burnout and build emotional resilience without adding more to their plate.
- **The Silent Stress Women Carry: Boundaries, Burnout, and the Pressure to Hold It All Together.** A powerful, compassionate talk exploring the invisible stress women experience from over-responsibility, people-pleasing, and emotional labor — and how to release it without guilt.
- **The CALM Process: Practical Tools to Reduce Stress and Increase Clarity.** An introduction to Lolita's signature CALM Process—Clarify, Accept, Limit, Multiply—giving audiences a simple, memorable framework they can apply immediately at work and in life.
- **Stress Under the Surface: How Men Experience Pressure, Burnout, and Emotional Overload.** An honest, grounding conversation that addresses the often-unspoken stress men carry, including performance pressure, emotional suppression, and the cost of “pushing through” — with practical tools to build resilience and clarity.
- **Understanding Hidden Stress Patterns That Impact Performance.** A deeper look at the unconscious patterns, triggers, and stress responses that affect focus, productivity, and decision-making—often without people realizing it.

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Reason to book Lolita for your next event

- **Expertise and Experience:** Over a decade of experience in stress management and resilience training, with a practical approach grounded in corporate America.
- **Engaging Speaker:** Known for dynamic, interactive, and motivational presentations that effectively connect with audiences.
- **Customized Content:** Tailors presentations to meet the specific challenges and needs of the audience, enhancing the relevance and applicability of her sessions.
- **Proven Methods:** Founder of Be Amazing You and The CALM Process proven strategies to reduce burnout and boost energy.
- **Literary Authority:** A six-time #1 Amazon bestselling author, adding credibility and depth to her expert insights.
- **Community Advocate:** Committed to community wellness, promoting a holistic approach to professional and personal well-being.

What others say about Lolita speak

Lolita is an incredible speaker and super knowledgeable about taking control of stress! She provided practical and engaging ideas on how to identify stress and little tips and tricks on what you can do everyday to keep stress away or at least manage it in a practical way. She also has a wonderful sense of humor, she had us all laughing out loud! If you are looking for a brilliant speaker that will wow the crowd I highly recommend Lolita!

- LeeRand Green, Business Development Manager at IS&T

Simply put – I loved Lolita’s presentation! It changed my point of view on how to handle everyday stress. I though I have no time for that, and she proved me wrong! She is so professional, passionate and funny. She gave so many practical very doable solutions for everyday stress that even me, a very busy manager can do that!

- Sarah Mongolia, HR Specialist

Lolita is such a gem. She spoke at my Social Success Conference in 2025 and did an excellent job. Lolita used humor combined with empathy from her own personal experiences to deliver a talk that is truly beneficial for those dealing with stress. The audience loved her presentation and found that she provided actionable steps for everyone to make progress even beyond the event. I highly recommend Lolita and would definitely bring her on to speak again. Plus she’s fun and great to work with!

- Britney Crosson, Founder Fun Love media

Lolita knows how to take your stress and crush it. If you are experiencing stress-you need to talk with Lolita. She is a talented coach and speaker that shows you how to easily manage your stress, especially at work, with techniques you can do anywhere. And managers - by helping your employees reduce their stress will help them increase their productivity and stay healthy!

- Blair Johnson, Owner/Founder Eat Learn Thrive