

PROGRAM LEADER INTRODUCTION

Deseri Garcia

Deseri is the founder and Chief of Adventure at Vida Aventura, a consulting and coaching company that helps individuals and organizations reach their full potential through leadership development, team building and coaching.

The meaning of Vida Aventura, "adventurous life," is aligned with Deseri's approach to life and work. Deseri is an adventure racer, avid traveler and yoga and mindfulness instructor. She believes in living her bliss and enjoys teaching others to do the same.

Prior to launching Vida Aventura, Deseri spent nearly 20 years in Corporate America, where she learned the value of building relationships. Now as a passionate coach, facilitator, and speaker, Deseri works with top-level executives, managers and business owners to provide transformational coaching, team building support, and leadership development.

Deseri holds the following certifications; 5 Behaviors of a Cohesive team, Association for Challenge Course Technology, Coaching Clinic–Corporate Coach U. She also has a bachelor's degree in small business entrepreneurship.

