



Deseri Garcia

Program Leader

Bio

Deseri Garcia is the owner of Vida Aventura, a consulting and coaching company that helps individuals and organizations reach their true potential through team building and leadership development.

Vida Aventura means “adventurous life” in Spanish and, as her company’s name suggests, Deseri is full of passion and a sense of adventure. An avid traveller and adventure-racing athlete, Deseri believes in living her bliss – and teaching others to do the same. She is both a practitioner and advocate of mindfulness techniques, and a yoga instructor, and her goal is to genuinely connect and identify with people in order to help them improve their individual effectiveness.

Before launching Vida Aventura, in Indianapolis, Deseri spent nearly 20 years in corporate America, where she gained invaluable insight into the value of building relationships in the business world. 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 is an accredited facilitator of 5 Behaviors of a Cohesive Team, is certified by the Association for Challenge Course Technology, holds a certificate from the Coaching Clinic–Corporate Coach U and has a bachelor’s degree in small business entrepreneurship.

Sector Experience

- Healthcare
- Pharmaceutical
- Insurance
- Manufacturing
- Professional Services
- Automotive