

Carolina Zuleta

Meet Carolina

Carolina Zuleta is an expert in taking high-performing men and women to the greatest levels of personal and professional fulfillment. With over 8 years of experience coaching executives around the United States and Latin America, she has a deep understanding of the challenges leaders have and the strategies required to have more influence and impact.



Carolina began her career as a financial advisor for the investment bank Morgan Stanley. After having worked in the financial industry, she moved to Chicago where she received an MBA from the University of Chicago Booth School of Business. After graduation, she was certified as a Professional Co-Active Coach from the Coach Training Institute and as an Accredited Associate Coach from the International Coach Federation.

Today, Carolina is the Founder and CEO her company focused on working with individuals to create more success and fulfillment in their lives. She is the host of The New Feminine Revolution podcast covering such topics as self-care, purpose, motivation, and relationships.

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Zuleta

I'M COMMITTED TO...

helping people achieve deep personal & professional fulfillment

DO'S AND DON'TS FOR COMMUNICATING WITH ME

1. Do speak your truth and allow me to know who you are.
2. Do create space to listen and reflect on what I share with you.
3. Do feel comfortable sharing your emotions and being vulnerable.
4. Do be flexible, resourceful and creative. "All is figureoutable"
5. Don't tell me A when you mean B.
6. Don't talk behind my back.

I WORK BEST WHEN...

1. We have clear outcomes, deadlines and expectations
2. When I know where I'm standing and not trying to guess

WHAT MAKES ME SMILE IS...

1. My daughter's smile and dance moves
2. Hanging with people I love

5 WORDS THAT DESCRIBE ME...

Passionate, Insightful, Kind, Honest & Courageous

_____ HOLDS ME BACK FROM BEING AT MY BEST...

1. Not making self-care a priority
2. Feeling I can't trust the people around me
3. Not asking for help when I'm stuck/have too much on my plate

MY IDEAL DAY INVOLVES...

Waking up early, intention/meditation, workout, mommy time, wife time, powerful coaching sessions, focused time to be creative, unstructured time to play

MY FAVORITE QUOTE...

"There is a vitality, a life force, that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist. It is not your business to determine how good it is. It is your business to keep it yours clearly and directly."

– Martha Graham