



Holistic Coach

Guiding professionals and leaders through clarity, purpose, and sustainable growth with a holistic approach to life, business, and leadership in these AI-driven times.

Ready to realign your life and career for the AI era?

"Then, my mission is to help you clarify your purpose, realign your direction, and take confident, meaningful action. Whether you're stepping into a new chapter, navigating complexity, or redefining your goals, I'll support you in reconnecting with what truly matters and what drives real progress. Together, we'll explore your current state, bring clarity to your priorities, and co-create a grounded, actionable plan."

Luisa Baltazar

1-on-1 Clarity Session for AI

Each Clarity Session begins with a macro understanding of your context, needs, and goals in this fast-evolving era of change. Using a holistic and forward-looking approach, we combine emotional insight with strategic clarity to help you gain direction and focus. Sessions are one-hour, effectively designed to reduce overwhelm, realign priorities, and uncover new possibilities, whether you're navigating a personal transition, leadership challenge, or professional reinvention. Together, we will clarify your vision and define what truly matters next for your AI era.



Worktools and Clarity Toolkits included!

Before our session, you'll complete a short written assessment to share context, goals, and challenges. You'll also receive a free of charge Clarity Toolkit that is filled with exercises and frameworks to help you prepare, gain perspective, and get the most from our call. The toolkit serves as your personal guide both before and long after our 1-on-1 session.

Other Coaching Programs available:

BUSINESS IDEATION

A program that, whether for a seasoned entrepreneur or for one starting out, can help take one's business to the next level.



A total of 5 coaching sessions that address main challenges and topics that really are a "Need to have and to ideate"!

Session #1 | VPC Creation (Value Proposition Canvas)
Session #2 | CPT Matrix (Competitors, Proposition, Time)
Session #3 | IMPACT Matrix (HSEE overall impact)
Session #4 | S.W.O.T. Analysis
Session #5 | PITCH Perfect (Formula for Pitch Elasticity)

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ACTION TAKING

A program designed to develop skills that help take meaningful action towards challenges and goals in life, career and business



A total of 5 coaching sessions that address main challenges and topics that really are a "Need to have and to do"!

Session #1 | Wheel of Life
Session #2 | Big Hairy Audacious Goals
Session #3 | Fish Diagram
Session #4 | S.W.O.T. Analysis
Session #5 | 1, 2, 3, 4... Focus!

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GLOBAL LEADING

A program for leaders looking to expand on a global scale as it fine-tunes leadership skills and elevates one's unique potential



A total of 5 coaching sessions that address main challenges and topics that really are a "Need to have and to lead"!

Session #1 | VPC Creation (Value Proposition Canvas)
Session #2 | Coachee's leading style assessment
Session #3 & 4 | (Customized to coachee's context)
Session #5 | Leadership Canvas / Matrix

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DECISION MAKING

A one of a kind program that helps individuals develop the skills to make sound decisions in life, career and business



A total of 5 coaching sessions that address main challenges and topics that really are a "Need to have and to decide"!

Session #1 | Wheel of Life
Session #2 | Deep Dive Talk
Session #3 | Otto's U Theory
Session #4 | B.H.A.G. (Big Hairy Audacious Goals)
Session #5 | D.M. Canvas (Decision Making Canvas)

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For client feedback and professional endorsements, visit my website or LinkedIn. Then, reach out and share where you are and what challenges you're facing. Let's explore how my expertise can be of support to you.



Book a session. Let's do it!