



Patricia Alvarado

SPEAKER - THERAPIST - MOTHER

Patricia Alvarado is a Speaker, Mental Health Expert, Consultant, and Mother based in Los Angeles, CA. She specializes in trauma healing and is the Founder of Alvarado Therapy, a group practice dedicated to understanding how trauma impacts every aspect of life. As a first-generation, Spanish-speaking Latina, Patricia is passionate about leading culturally relevant conversations that break stigma and empower individuals to prioritize their well-being. She also contributes regularly to HipLatina, where she shares insights and stories about mental health and emotional well-being.

Patricia brings her expertise to corporate events, conferences, and community gatherings, where she designs and facilitates wellness programs that help organizations build healthier, more resilient workforces. Whether speaking on stage, leading workshops, or consulting, she offers practical tools to navigate stress, trauma, and emotional health in today's fast-paced world. A mother to a young toddler, Patricia's mission remains clear across all settings: to make mental health an essential part of both professional and personal success.

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SPEAKING TOPICS

- ✓ Managing Anxiety, Stress, and Emotional Burnout
- ✓ Building Resilient Leaders & Sustainable Organizations
- ✓ Trauma, Resilience, & the Journey of Motherhood
- ✓ Setting Boundaries with Confidence
- ✓ First Gen Imposter Syndrome and Building a Community of Support
- ✓ Healthy Relationships through Assertive Communication

AVAILABLE FOR

- Keynotes
- Workshops
- Support Groups
- Panel Discussions
- Private Circles
- Roundtable Discussions
- Virtual Events
- Guest Lectures

LET'S WORK TOGETHER!

To book Patricia, contact:

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