



DAISY GÓMEZ

Founder/CEO of

ENCUÉNTRATE

— Counseling & Consulting —



About Speaker:

Daisy Gómez is a bilingual bicultural first generation Latina therapist, speaker, life coach and consultant from Chicago, Illinois. She is the Founder/CEO of Encuéstrate Counseling & Consulting.

She specializes in empowering first generation, high-achieving professionals and helping them overcome the challenges that come with it— imposter syndrome, stress, depression, anxiety, and generational trauma.

Daisy is passionate about destigmatizing mental health within communities of color. She aims to normalize the use of trauma informed culturally affirming approaches in all her work— therapy, coaching, teaching, and speaking engagements.

Speaking Topics:

- Navigating Imposter Syndrome
- Latinx Mental Health
- Workplace Mental Wellness
- Burnout Prevention for First-Gen Professionals
- Wellness for High-Achievers

*Individualized topics and events in Spanish available upon request.

Available For:

- Workshops
- Keynote Speaker
- Panel Discussions
- Podcast Interviews
- Moderator/Emcee

To Book:

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Features & Collaborations

