THE INTEGRATED LIFE

SPEAKING / WORKSHOPS / EDUCATION

BELLE VALLADARES, LMHC

Psychotherapist | Educator | Speaker



Understand yourself.
Improve your relationships.

Practical psychology for recognizing emotional patterns, communicating more clearly, and building healthier connections.

ABOUT BELLE

Belle Valladares is a Licensed Mental Health Counselor and founder of The Integrated Life. Previously, she served as a hospital Chief Strategy Officer, with 10 years of executive experience leading teams, overseeing major organizational initiatives, developing business plans, and presenting to executive leadership. She brings her clinical and leadership perspectives together to help audiences understand how thoughts, emotions, and learned patterns shape relationships and everyday decisions.

PRESENTATION TOPICS

01 Why We React the Way We Do

Understanding yourself to build better relationships. Explore how emotional patterns and expectations shape communication and conflict.

02 The Stories We Tell Ourselves

How assumptions shape our relationships. Learn to separate what happened from the meaning we give it.

03 From Awareness to Intentional Action

Turn insight into change. Practice responding with greater clarity, responsibility, and intention.

FORMATS

Keynotes | Interactive workshops | Leadership events | Podcasts

SPEAKING INQUIRIES

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