

“ONLY THOSE WHO RISK GOING TO FAR, CAN POSSIBLY FIND OUT HOW FAR THEY CAN GO” T.S. ELLIOT

Clear and forceful is Nahila Hernández San Juan who has accumulated over 20 years of hybrid professional experience.

International MBA

Master in Coaching, Emotional Balance and Mindfulness

Master in Nutrition and Diet

Multisectoral entrepreneur

Speaker

NLP and Team Leadership

Specialist Mountain and Trail Racing

Coach Certified in Sports Nutrition

Yoga Teacher

Specialist in Logistics and Strategic Marketing, among other specialties.

Nahila is mother of Carmen and Julia, a renowned ultra-marathoner of extreme races, who complement their extensive expertise. In 2015 he released his book "After the Distance" and she is currently working on a second book.

The last 10 years has been dedicated to giving conferences, workshops, coaching, mentoring, consulting, training. In parallel, to physical activation and comprehensive wellness projects for individuals and companies; accumulating the experience required to create a **unique method**: that merges the most advanced business techniques and strategies with accumulated life and sports experiences.

<https://www.nahilahernandez.com/>

NAHILA IN FIRST PERSON: EXPERIENCE AND CROWTH IN A REAL WORLD

"I was born in Azerbaijan (ex USSR), my parents, both Cubans. I grew up in Cuba, during the hard stage of the revolution, I studied boarding school from a very young age (8): first to train as a Synchronized Swimming athlete under a very strict, almost militarized system, and then in a school that combines study with work in agriculture : a system that promoted the link between study and work from childhood " .

"With the fall of the communist block, the special period in Cuba and my dream of studying abroad, as my parents had done, I decided to leave the island anyway: I migrated alone to Mexico, at 18 years old, when was imminent that I should take that option or be exposed to very complex situations. "In Mexico, while studying at the University and working outside the law, I lived on the economic and emotional limits for many years, exposed to very hard situations, in concordance with my new reality and age. However, regardless of the circumstances, I returned to the focus of building my life project from resilience. Since 2012 we live in Chile".

"As an ultra-distance runner, a discipline I started at 34 years old, I have run more than 15,000 kilometers in extreme conditions around the world, carrying a backpack with the basics to survive while crossing deserts, glaciers, mountains, jungles. I have been exposed to freezing and heat stroke, sharing camps with presidents of major multinational companies, professional athletes, war veterans, unemployed, people from all continents, educational levels, beliefs, religions and languages. "

"My path has been full of adventures, failures, achievements, risks and satisfaction. I am passionate about what I have studied, lived and learned, and feel a vital impulse to contribute to others, that's how I designed a UNIQUE MODEL to discover and develop strategies, experiences, skills: from pure motivation to complex business-process models, where I am only a conduit and you are the center of attention.

COACHING & MENTORING/ WORKSHOPS

Life coaching
Assertiveness and Empathy
Non-violent communication
Coaching
Female coaching
Health Coach
Nutrition Coach
Fear management
Energy management
Emotional intelligence
Mindfulness
Motivation
Raise self-esteem
Improve relationships

Stress management
Personal effectiveness
Error handling
Change management
Talent development
Teamwork
Dynamization of groups
Leadership
Conflict resolution
Productive negotiation
Mentoring
Positive and effective communication

Emotional intelligence
Mindfulness (concentration techniques)
Personal balance
Influential language
Effective questions
Effective Feedback
Non-verbal language
Emotions and Intuition
Mind maps (designing the future)
Teamwork
Life plan
Leadership
Effective communication
Among others...

