

About Carmen



At the heart of Carmen's philosophy there is a simple truth: Exceptional Leadership begins within. This foundational belief stems from understanding that the outer success of any team directly reflects the internal journey of its leader.

Carmen Paredes, is a trailblazer in corporate leadership and a beacon for those aspiring to transcend conventional management practices.

From her humble beginnings as an immigrant from Panama to becoming the first Latina Vice President in Alaska's largest telecommunications company, and now a celebrated thought leader, her journey is a testament to the power of internal growth.

Surviving a near-death experience due to burnout, Carmen has transformed her adversity into a platform for advocacy and education, empowering leaders to thrive through self-awareness and intentional action.

With over twenty years of experience reshaping the dynamics of Corporate America, Carmen has dedicated myself to mentoring leaders across diverse sectors.

Her engagements go beyond speeches; they are a call to action for leaders to dig deep and uncover the core of their leadership potential.

Carmen's credentials include a Mechanical Industrial Engineering degree, an MBA, and a Coaching certification accredited through the National Board of Certified Counselors

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