

## pre-conference **virtual workshops**

### **The Alchemy of Resilience** *Transform Stress into Strength*

*Tuesday, April 28, 2026, 6:00 PM EDT*

Transform speaking anxiety into unshakeable confidence. Master three breathing techniques to shift from stress to confidence—practice them fully in 15 minutes or deploy individually in 2-5 minutes depending on what you need before your next presentation.



**Ada Garza Martinez** is a certified HeartMath, Breathwork & Somatic practitioner and founder of Love. Alchemy. Life., specializing in nervous system mastery for resilience and confidence. She facilitates proprietary Alchemical Breathwork sessions and energy healing with experience supporting corporate professionals.