



# EMILY CAPURIA LISW-S, CHHC

FOUNDER, BALANCE & THRIVE  
AUTHOR, HAPPINESS HAPPENS

## SPEAKING TOPICS

- **SELF-CARE 101:  
BACK TO BASICS**
- **BUILDING A SUCCESS  
STRUCTURE: CHANGE YOUR  
HABITS, CHANGE YOUR LIFE**
- **FROM CHAOS TO CALM: HOW  
TO OVERCOME THE 2 BIGGEST  
OBSTACLES TO SELF-CARE**
- **FEEL GOOD FIRST: STRESS  
MANAGEMENT AND SELF-CARE  
STRATEGIES SO YOU CAN FEEL  
GOOD, LIVE WELL AND DO MORE**
- **NO MORE REGRETS: HOW TO  
DREAM BIG, SET GOALS AND  
TAKE ACTION**

## CONTACT INFORMATION

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## BIO

Emily Capuria, LISW-S, CHHC is the author of Happiness Happens, creator of the Laugh More, Live Louder course series, and the founder of Balance & Thrive - a business that offers a holistic approach to achieving your goals and living a happy, fulfilling life.

Emily has a Bachelor's degree in Psychology from the University of Kentucky and a Master's degree in Social Work from Cleveland State University. Prior to becoming a coach, she worked in community mental health, where she helped children, adults and families learn to cope with challenges relating to anxiety, mood and attention.

Through her personal journey with unexplained infertility, Emily learned about the power of food and a wide range of self care strategies which prompted her to become certified as a holistic health coach. Emily now pairs mindset and action strategies with an integrated approach to offer people a unique path to align who they are and what they want with how they live their day to day lives. This helps to not only lower stress but to also improve productivity, energy and overall life enjoyment.

