

# EMILY CAPURIA

LISW-S, CHHC



Happiness isn't about life going perfectly, it's about living each day in line with who you are and what you want.

Through her 7 year journey with unexplained infertility, Emily discovered how to create a happy and fulfilling life while also dealing with a really hard thing. What she learned was that happiness in life isn't about life going perfectly, it isn't about always being positive or keeping it together all the time, it's not even about things working out the way you want them to—happiness in life is about living each day in line with who you are and what you want.

Since everyone faces something hard in life at some point, it's great to know that your happiness doesn't depend on life's circumstances. Emily is passionate about sharing this message and teaching others how to create that deep, core level of happiness in their lives too.

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 as a psychotherapist in community mental health, where she helped children, adults, and families learn to cope with the various challenges relating to anxiety, mood, and attention. Emily also has extensive experience providing corporate wellness training around stress management and employee wellness.

Emily is the author of the book, Happiness Happens, which helps readers to create the happy, fulfilling lives they want and deserve!

ENGAGE—INSPIRE—TRANSFORM

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# CONFERENCE PRESENTATIONS

30-90 minutes



## THE 3 KEYS TO HAPPINESS

Most people want to BE happy but aren't actually doing the things that will make them happy. During this engaging presentation, Emily shares exactly how the audience can bring more happiness into their lives—starting today. Not only do happy people enjoy life more and inspire those around them, but they are also 13-20% MORE productive, and this number is even higher when talking about sales.

## MAP YOUR VISION\*\*

Life doesn't always go as planned, 2020 definitely showed us that! But when you're clear about who you are and what you want—and you have a framework to guide you—you can always find your way. During this presentation, Emily shows the audience how to create, and then visually map, a powerful vision for their life so that they can turn all their goals and dreams into reality.



## SIMPLY STRESS LESS\*\*

Stress affects everyone and over 70% of people experience mental and/or physical health symptoms in response to the chronic stress they're facing. During this presentation, Emily teaches the audience how to "bring it back to the basics" by focusing on 7 simple strategies to reduce stress and improve one's overall wellbeing.

*\*\*These presentations are CEU eligible, can be customized to your audience's needs and event theme, and can be expanded to 3 hours.*

TO BOOK EMILY FOR YOUR NEXT  
CONFERENCE OR TEAM DAY:

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