



Tricia Parido

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BUSINESS OWNER | MASTER COACH

Nationally Certified Life Coach and Master Addictions specialist Tricia Parido is on the front lines of making life better for those who so desire. She currently serves as Founder/Director of Turning Leaves® Recovery, Life, and Wellness Coaching, a nationally certified coaching practice whose mission is to provide personalized, high-quality care that will guide individuals toward an empowered and improved quality of life and wellness. As such, Parido plays an integral role in the life of her clients as a Life Coach, Master Addictions Coach, Addiction Treatment Counselor, Intervention Professional and Professional Case Manager. Her practice is built upon her personal attributes of passion, compassion, advocacy, objectivity and honesty. Specializing in life transitions and post treatment, Parido is ever-committed to assuring that those whom she is entrusted with are motivated and empowered to conquer their life challenges and addictions. She is especially attuned to those who have encountered struggles with behavioral and process addictions. After having successfully embraced recovery achievements of her own, Parido has tactfully combined her empathy and passion for social change with her admirable experience and credentials. This combination has equipped her to provide quality service in a manner that motivates individuals to achieve their full potential, return to a level of functioning that will provide them with great self-worth, and conquer the stigma and shame that generally arise when individuals seek recovery support.

KEY SPEAKING TOPICS

BROADENING THE PERCEPTIONS THAT SURROUND ADDICTION AND RECOVERY

Addiction doesn't only apply to the down and ill. Habits hold us hostage, negative attachments rule our actions. Compulsive needs are everywhere! Do you know how to identify the not so normal faces of addiction? If you take a moment to observe your repetitive behaviors, necessary processes, or to notice specific "needs" I think you will see that we all have them! The question really becomes do you control them? Do they feel involuntary? Or do they control you? Recovery is important to so many areas of life. We need to broaden the visual that appears when we hear the word. It is time for a social change movement to broaden these narrow perspectives, remove the stigma, and promote acceptance.

ADD, EDIT, DELETE! LIVING IN TRUE GENUINENESS

Self-help methods and treatment programs are everywhere! And boy is there a lot of great options out there for life improvement. Believe me I know. But have you noticed how hard it is to fit your life into the full practice? Ever wonder if that one step you don't do is the reason you aren't getting the outcome you hoped for? Well, I have figured out exactly how to make any self-improvement tactic effective in your life! Let me show you how to productively make your life look, feel, and be however you want it to.

ARE YOUR HABITS HOLDING YOU HOSTAGE? 10 STEPS TO CREATING THE RIGHT PERSONAL DISCIPLINE!

Are you looking to drop the habits that are controlling your days? Overboard Shopping, emotional eating, deceitful drinking, people-pleasing, and any other sabotaging action keeping you in a defeated state of mind? I'm right with you. In fact, I've been there! I was tired of trying to find that right (appropriate) time for a beer, I was tired of restricting myself after bingeing on ice cream or cookies, I was ever so tired of trying to justify my unnecessary purchases, I was just tired of it all, not to mention the fact that physiologically it had become quite impossible to go without. But I've done all the leg work for you! I have the 10 very significant, proven to be successful processes and ways of functioning that will allow you to shift the direction of your life without feeling guilty, selfish, punished, or restricted!

WHAT ARE THEY SAYING

It has been such a gift to work with Trish over the past year. Her kind, friendly demeanor puts me at ease and her genuine concern and desire to help me achieve greater balance in my life is the support and accountability I need to make lasting positive changes. Trish's curriculum provides tools and skills to navigate through any life challenge from relieving stress to forming better habits. I'm entering into this new decade with greater confidence and focus thanks to our work together.

- Stephanie Stackhouse

This program has been a life changer for me. It has made my recovery process so much smoother and has helped me to really self reflect and heal my deep-seated beliefs, habitual behaviors and thought processes that have blocked me from living my highest potential. I am so grateful for Tricia and Turning Leaves Recovery Coaching.

- Naomi Brebes

For more detailed information on my topics or to book me for your next event, please contact me at:

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