Speaker Bios (copy and paste)

SHORT BIO (ABOUT 75 WORDS)

Rocío Pérez, IMBA, is an author, speaker and leadership consultant and the founder of The *MindShift* Experience©. For more than 30 years she has helped people and organizations build resilience, purpose and human-centered leadership, and she delivers keynotes and programs in English and Spanish. She is the author of *Unstoppable: 7 Steps for Becoming a More Intentional Leader* and co-author of *Identity Alchemy: Turning Pain Into Gold* and *Fortaleza: Strength Drawn From Mind, Body, and Soul*.

LONG BIO

Rocío Pérez, IMBA, is an author, speaker and leadership consultant and the founder of The *MindShift* Experience©. For more than 30 years she has helped people and organizations build resilience, purpose and human-centered leadership, and she delivers keynotes and programs in English and Spanish. She is the author of *Unstoppable: 7 Steps for Becoming a More Intentional Leader* and co-author of *Identity Alchemy: Turning Pain Into Gold* and *Fortaleza: Strength Drawn From Mind, Body, and Soul*.

Rocío created The *MindShift* Experience© to help people achieve their version of a happy, healthy and wealthy life. Her work, which includes The *MindShift* Game™ and The *MindShift* TV Show©, emphasizes resilience, emotional intelligence, mental health awareness and growth after adversity as essential parts of effective leadership.

Rocío has served as a mentor and moderator for the Stanford Latino Entrepreneur Leadership Program, co-chaired the Denver Public Schools 2016 Bond Oversight Committee, and served as a commissioner on the Denver Women's Commission. She speaks in English and Spanish.

CONTACT

(303) 587-8367 · connect@tmsexp.com · tmsexp.com

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