

# *Evelyn Cosme* MA, MS

**Speaker, Consultant,  
Executive Life & Leadership Coach**



## About Evelyn Cosme

Evelyn Cosme is a women's executive coach, mentor, podcast host, writer and certified hypnotherapist with a diverse background of 25+ years in counseling (trauma), education, and leadership. Specializing in empowering women leaders through tough life and work-related transitions, Evelyn helps her clients build resilience, confidence, and clarity to emerge stronger and lead with purpose.

### Evelyn's expertise makes her a sought-after speaker in areas such as:

- 1. Emerging Leaders:** Insights and tools to nurture the next generation of women leaders, empowering them to rise with confidence.
- 2. Resilience and Self-Care:** Practical approaches to overcoming adversity, managing stress, and fostering sustainable self-care habits.
- 3. Leadership and Wellbeing:** Strategies for maintaining mental, emotional, and physical health while leading with excellence.
- 4. Leadership and Entrepreneurs:** Guiding women entrepreneurs to balance leadership demands with personal growth and authentic success.

### Why Evelyn?

- **Proven Expertise:** Years of experience in leadership development and stress management, particularly tailored to women in high-impact roles.
- **Dynamic Presentations:** Engaging and interactive speaking style that resonates deeply with audiences.
- **Actionable Takeaways:** Each presentation is packed with tools and insights that attendees can implement immediately to see tangible results.
- **Tailored Approach:** Evelyn ensures her content aligns with the audience's needs and the event's goals.

### Ideal Audience

- **Women leader**s navigating professional and personal transitions.
- **Entrepreneurs** seeking resilience and growth strategies.
- **Emerging female leaders** striving for self-assurance and skill development.
- **Professionals** aiming to integrate well-being into their leadership journey.

### Contact Evelyn Cosme:

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