



Beatriz Martinez-Penalver

Engaging. Transformational. Empowering.

A passionate speaker and advocate of emotional literacy for children.

Beatriz will bring her 25 years of experience and the transformational power of Triumph Steps' Therapeutic Framework to your event.



In her engaging keynote addresses and powerful workshops, Beatriz provides practical solutions and a transformational therapeutic framework to lead teachers, mental health professionals and parents alike to understand the importance of developing correct thought patterns, eliminate limiting thoughts to become inspired to create the extraordinary life everyone deserves.

Beatriz Martinez-Peñalver is a licensed psychotherapist with over twenty-five years of experience in the mental health field and holds a master's degree in mental health from Nova Southeastern University.

She is an activist that has traveled the nation to spread the facts about emotional literacy on the doorsteps of policy makers, educators, and parents everywhere. Her mission extends well beyond Triumph Steps and her goal is to ensure emotional literacy curriculum are taught at every school in Florida and beyond.



Triumph Steps is a systematic, consistent and simple emotional literacy program that teaches children, adults, teachers and therapists alike the limitless benefits of emotional mastery.

Triumph Steps has been approved by the Florida Board Of Clinical Social Work, Marriage And Family Therapy And Mental Health Counseling. Course Number 20-695896