

MACARENA LUZ BIANCHI

Macarena Luz Bianchi is the founder of Luz Flora, the nation's premier gift book and luxury flower provider. Her company helps a busy world celebrate and honor life's meaningful moments.

Macarena is the author of more than 20 premium gift books for every occasion, offering words of remembrance, recognition, and inspiration for personal and professional events such as birthdays and anniversaries as well as turning points in life that are defined by passion or need for solace. Many of her titles are also available in Spanish.

A mindset coach, Macarena is a professional speaker on topics critical to positive business culture such as expressing appreciation in meaningful ways, discovering the *formula for lighthearted living*, and leveraging the art of full expression to make meaningful moments especially memorable.

All gift books by Macarena are neutral, inclusive, unisex, nonracial, and nondenominational—perfect for corporate gifts, employee incentives, and client appreciation.



MacarenaLuzB.com



THE AUTHOR



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Mindset coach Macarena Luz Bianchi is the author of more than twenty gift books that offer just the right words to make every meaningful moment even more memorable.

Available in commemorative keepsake, coffee table, hardcover, and paperback editions. Each book features a beautiful poem that is delivered in nourishing bite-sized thoughts. All written messages and imagery are neutral, inclusive, unisex, nonracial, and nondenominational.

Many titles are available in English and Spanish. Custom designed books are available for corporate and personal events. Beyond her collection of gift books and poems, she writes screenplays, fiction, and non-fiction for adults and children. She loves tea, flowers, and travel.

GIFT BOOKS

Written by Macarena Luz Bianchi, each beautiful gift book is neutral, inclusive, unisex, nonracial, and nondenominational.

More than 20 premium gift books for every occasion, including corporate recognition, employee incentives, and client appreciation.

Including:

- *Congratulations: A Poem of Triumph*
- *Happy Birthday: A Poem of Celebration*
- *Sympathy: A Poem of Solace*
- *Gratitude Is: A Lighthearted Empowerment Poem*
- *Gratitude Is: The Magic and Beauty of Feeling Grateful*
- *Gratitude Is: Poem and Coloring Book*
- *The Grateful Giraffes: What is Gratitude?*

All titles are available in English and in Spanish from your favorite bookseller, and directly from **MacarenaLuzB.com** where single books, case discounts, and custom designs can also be ordered.

Also available for delivery with luxury flower arrangements through **LuzFlora.com**.



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Macarena Luz Bianchi FOUNDER OF LUZ FLORA

Gift Book and Luxury Flower Provider

More than beautiful, Luz Flora's farm-fresh, handpicked Ecuadorian flower arrangements are ethically sourced and support rural communities.

“

Luz Flora delivers quality gift experiences that surprise and delight every recipient... from the initial unboxing event... to the big reveal of the exquisite flowers and the gorgeous gift book.

”

Floral expert Macarena Luz Bianchi, the founder of Luz Flora, knows how to wow flower lovers from start to finish. That's why her bouquets are processed with five layers of quality control by female farmers who are passionate about quality. The Luz Flora Quality Protocol ensures that flowers are picked at peak hydration before the sun rises and maintain ideal transit temperatures so that bouquets arrive fully hydrated. Before delivery, all arrangements are required to pass the final face-to-flower Luz Flora Gift Quality Check. The expert floral design is specifically Macarena-approved.

When flowers arrive, the unboxing is an experience that delights and surprises in the *big blue box*.



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Flower Maven and Mindset Coach Macarena Luz Bianchi, the founder of Luz Flora, shares evidence-based research about the power of flowers on the human spirit.



THE POWER OF FLOWERS

Nature's answer to less stress and better self-care

Macarena expertly optimizes flowers as a teaching tool to explain how to nurture oneself, remember to be mindful, and reflect on the cyclical nature of living.

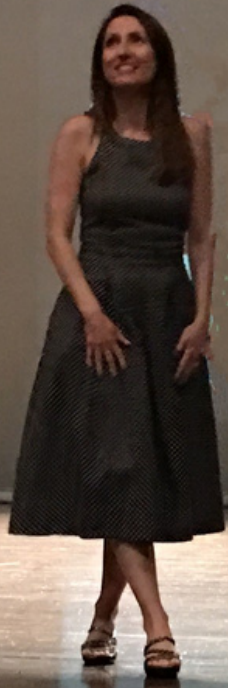
- Celebrate flowers as a metaphor for life—bright and beautiful yet also fleeting
- Understand the critical need for grounding techniques in high-tech lifestyles
- Embrace the splendor of nature and the beauty of change

With insights from a mindset coach who is also a leader in the flower industry, you'll learn how to use flowers to show kindness to yourself and others, enrich personal and professional spaces, and enhance the healthy habit of becoming present.

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TALK TOPICS



Wonder, Wellness, Wisdom

Lighthearted Living Formula

Choosing Happiness that Transcends Your Changing Circumstances

Wonder Deep Dive

Gratitude Is a Choice

Discovering the Healing Powers of Expressing Appreciation

Wellness Deep Dive

The Power of Flowers

Grounding Techniques that Help Reduce Anxiety and Stress

Wonder Deep Dive

Life as a Theme Park

Because Making Changes Doesn't Have to Feel Impossible When It Can Be Fun

Wisdom Deep Dive

Directing Your Life

How A Moviemaking Mindset Produces Self-Empowerment

Wonder, Wellness, Wisdom Deep Dive

The Hot Project

Ten Steps for Sizzling Self-Esteem



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- *Keynote*
- *1/2 Day*
- *Full Day*
- *3-Day*
- *Zoom*

Mindset coach Macarena Luz Bianchi, founder of Luz Flora, is a professional speaker on topics critical to positive business culture which includes: expressing appreciation in meaningful ways, discovering the formula for lighthearted living, and leveraging the art of surprise to make meaningful moments especially memorable.

*It's a lighter way of being.
An evolution of mind, body, and spirit.*

Discovering and Developing a New Mindset

Starting at the exact place (wherever you may be), mindset coach Macarena Luz Bianchi guides you through the simple steps of her Lighthearted Living Formula. Discover ways to mindfully view your world through the lens of Wonder, Wellness, and Wisdom. Learn how to intentionally choose and set a tone for your life that is deliberately playful, curious, and creative, regardless of your changing circumstances.

- Experience the full expression of Mind, Body, and Spirit
- Appreciate the humanness of being present in the imperfect here and now
- Construct a healing pathway for self-awareness and greater wellness

With gentle guidance from a caring coach, Lighthearted Living Formula offers actionable steps to develop the healthy habits, greater gratitude, and personal resilience needed to live your best life.

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The Lighthearted Living Formula

Macarena Luz Bianchi



THE HOT PROJECT



Sizzling Self-Esteem from the Inside Out

Like facets on a diamond—each area of your potential deserves to be polished. Mindset Coach Macarena Luz Bianchi introduces the Hot Project, the only gentle self-esteem building process that walks you through ten areas of your life that genuinely offer hotness potential. Discover how to tap into the sizzling self-esteem that you deserve. Macarena's Hot Meter concept honors your energy and precious time without adding to overwhelm. Gain true confidence in a sustainable way that builds upon itself while being personalized and authentic to your individuality.

Explore the areas that change everything:

- *Your Vibe, Purpose, Expression*
- *Your Money, Expansion, Time*
- *Your Home, Body, Looks, and Community*

With encouragement and personal support from a trusted mindset coach, you will learn how to nurture your personal power, overcome fears, and cultivate confidence.



GRATITUDE IS

Macarena Luz Bianchi wrote the powerful poem, *Gratitude Is*, to capture the magical potential of implementing the simple metaphysical tool of being grateful.

Creating a simple ritual of acknowledging gratitude can magically transform your life. In a short time, Macarena reprogrammed her brain to seek the positive in every situation—making gratitude a habit made Macarena a better person and a better problem solver. With practice, her default state became a steady flow of thankfulness. Gratitude is one of her favorite supporters of lighthearted living because it is also the pathway to achieving authentic happiness.



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Wisdom Deep Dive

Directing Your Life

How A Moviemaking Mindset Produces Self-Empowerment

It's time to ignite your imagination. Accept help and inspiration from the movies...

Mindset Coach and Filmmaker Macarena Luz Bianchi introduces a powerful approach to personal change that will help you reclaim and rewrite your life story.

Leaning into a wealth of movie making experience, Macarena helps you plot and plan your future while making sense of your past.

- Understand your many critical roles in the real world of your life. Discover that every day you have the chance to be the screenwriter, director, and producer of your own life.
- Claim the proper part of your own life's show. Discover that you are not the AD or supporting cast member, nor an uncredited background actor. You are the star...and it is time to shine.

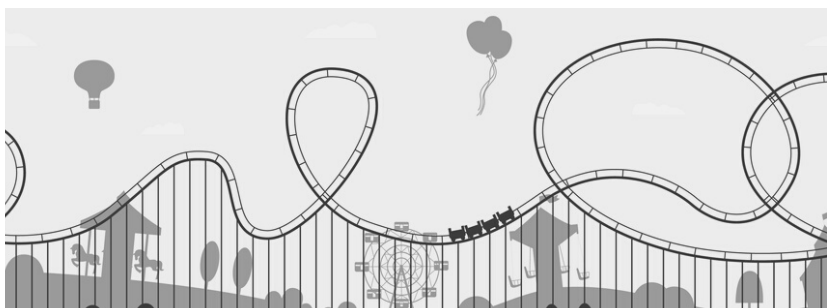
Look at life through the creative lens of a film professional. With gentle guidance from a caring coach, explore ways Macarena's movie metaphor can lead you through a series of actionable steps that change your mindset.

Reclaim and Rewrite Your LIFE STORY



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"Because making life changes doesn't have to feel impossible when it can be fun."



Wonder Deep Dive

Life as a Theme Park

Managing your life sounds so serious and intense that you may step back when you really need to step up and jump in.

That's why Mindset Coach Macarena Luz Bianchi adopts a playful protocol. Macarena knows that just because something is important, it does not have to be serious and devoid of joy.

If you feel stuck and overwhelmed or when you feel less-than or incomplete, Macarena expands the way you look at your world by helping you imagine viewing life through a very different lens. Life as a Theme Park injects creativity and good humor into the process of making changes.

- What does your theme park look like today?
- What do you want it to look like soon?
- How much of your life's real estate are you allocating to the areas that are most important to you?
- Are your relationships with loved ones designated lands or more like signature rides or major attractions?
- Are the dynamics of your life like a haunted house dilemma or better represented by a rollercoaster of chaos?

With guidance from a trusted mindset coach, you can build a vision board for life, discover ways to map out the people and issues that matter most, and live your core values.

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