

# PRESS KIT

# DREAMERS SUCCEED

ADVENTURE COACHING



## A New Approach to Personal Coaching

Berta Medina-Garcia, P.C.C. is a Professional Adventure Coach, author, and voluntourist. She specializes in her trademark brand of “comfort zone coaching,” a spin on life coaching that places *experience* at the center of the process (instead of just discussing).

Berta created Dreamers Succeed and her unique format to get people out of their comfort zone, help them experience new adventures, and open their minds to new possibilities. As a certified speaker and coach, she is equipped to address assembly halls to settings as intimate as conference rooms.

## Go Giver Motivational Speaker

Berta is a certified Go-Giver speaker. Having undergone rigorous certification by Bob Burg (“The Go-Giver”) and his team, she was awarded certification and is now an official representative of the Go-Giver brand. Through workshops and motivational speaking, she inspires people and gets them moving toward their goals.



## Collaborations



**ONE CHILD MATTERS**  
hope. truth. life. love. mercy.

## The Guide and Seek Collective: an Empowerment Group

Berta also moderates and plans for the Dreamers Guild Mastermind, an open-invitation community for passionate individuals seeking more fulfilling lives. Through events and bi-weekly sessions, her Mastermind helps individuals find new paths to their passions through community and support.



[www.dreamerssucceed.com](http://www.dreamerssucceed.com)

Coachberta@dreamerssucceed.com

facebook.com/dreamerssucceed

## Quick Look

Founder

Dreamers Succeed LLC

Author

“Lessons from the Roof of Africa”

“Khloe climbs for Sipi”

## Services

Adventure Coaching  
Motivational Speaking  
Group Workshops  
Retreats

## Bio

After graduating from the University of Miami’s Professional Coaching program, Berta Medina-Garcia started on her path to building better lives one person at a time. Berta currently lives in South Florida with her husband, just a few hours away from both her children and her first grandchild, Khloe.

---

"I had no idea where I was going to last night or what the purpose of the get-together was. All I knew was that, if Berta had anything to do with it, I could jump in head-first. It was the first time that I have ever opened up in front of a group to speak. I left the ASPIRE workshop last night feeling uplifted. I realized that opening up and actually listening to others is the first step to self-awareness. I want to thank everyone last night for making a difference in my life. Even if it was just one thing you said or shared it will be with me always. I look forward to doing it again soon." – Oscar V.

---

---

"Without a doubt, Berta is one of the most positive people that I have ever met. She is an inspiration to those who meet her and she is a fantastic coach. Not only has she been formally trained at one of the best certified coaching programs in the nation. As a coach, I have access to a multitude of coaching choices... I get my coaching from Berta. She helps you break the walls of your stagnant thinking and expand your mind to new possibilities with enthusiasm. I have learned something new every time that I have coached with her. Stop settling for a mediocre life and start living a life with passion, joy and the satisfaction that you are becoming your best self. Coaching from Berta can help get you where you want to be and more." – Steve L.

---

---

"During a conversation with Berta, I told her that I was afraid of heights. As a coach, I figured she might give me counsel or some kind of suggestion. She simply smiled. Two days later, she posted an invite to go hand gliding with her. Next thing I knew, I was soaring 2000 feet above ground. That's the power of Adventure Coaching. It gets you out of what you know and helps you experience what you never thought possible." – Tahiry T.

---

---

"I wanted to take my business to the next level, but it felt like an unattainable goal. A friend referred me to Berta Garcia to see if she could assist me. It was *exactly* what I needed -- the best decision I could have made for my business and personal life. My business is on a fantastic path and Berta was the catalyst." - Michael D.

---

---

"I had *no idea* where I was going with my life as a recent college graduate. It also didn't help that I've *always* been stubborn when it comes to advice. I was sick of all the conflicting ideas from friends and family, so I took the dive and got an appointment with Berta. In just about an hour (no kidding), so much started to crystalize for me. My goals, my principles... everything was suddenly lining up in my head. Berta didn't give me advice; instead, she opened my mind so I could help myself. If you're young and don't know where you're headed, this is the best place to start your journey. – Jorge G.

---