



## 21<sup>st</sup> CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

NOVEMBER 08-09, 2024 | Hotel Medium Valencia, Spain



In today's fast-paced world, the pressures of high-stakes environments can be overwhelming for anyone—but for those living with PTSD or c-PTSD, these pressures can become a profound struggle. My journey through childhood trauma, marked by emotional and physical abuse, set the stage for a professional life where triggers were ever-present. From demanding roles at companies like Apple, Accenture, and Airbnb, I learned firsthand the challenges—and triumphs—of navigating complex trauma in the corporate world.

Together, we will delve into the often-misunderstood realities of PTSD and c-PTSD, exploring how these conditions manifest in daily life and the workplace. Through personal anecdotes and psychological insights, I will shed light on the deep impact of trauma on decision-making, relationships, and self-worth. More importantly, I'll share strategies for transforming these triggers into triumphs.

Attendees will gain a deeper understanding of how to create supportive work environments for individuals with PTSD and c-PTSD, fostering inclusivity and well-being. Whether you are a leader, team member or someone suffering from PTSD yourself, you'll walk away with practical tools for not only thriving in even the most demanding environments but also creating a supportive workplace.

Join me for a thought-provoking session that blends personal narrative with actionable insights, and discover how we can all contribute to a workplace culture that empowers every individual to thrive, regardless of their past.

### Biography

Daniela Elster is a psychological coach and the visionary behind Sunrise Delight Coaching. Having navigated a childhood marked by trauma and a career in demanding environments like Apple, Accenture, and Airbnb, Daniela understands the profound impact of c-PTSD on both professional and personal life. She is dedicated to helping others break free from the cycle of stress and trauma, embracing self-love and resilience. Through her coaching and speaking engagements, Daniela offers actionable insights into thriving in even

## FROM TRIGGERS TO TRIUMPHS: NAVIGATING PTSD AND THRIVING IN THE FAST LANE

**Daniela Elster**

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the most high-pressure settings, making her an influential voice in mental health and leadership.