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What We Do

We are passionate about working with business and educational organizations in maximizing their potential to achieve new levels of success, influence, impact and results. We believe that people, individually and collectively, want to contribute to their personal and team’s success, and that when they find the best way to un-tap their vast potential, they achieve extraordinary things.

With more than 20 years of experience in leadership development, executive management, business development, and personal and professional relationship coaching, we possess a keen ability to understand client challenges from a multidisciplinary perspective and to identify strengths and opportunities for the achievement of goals.

Consulting | Coaching Services
• Leadership Development and Coaching
• Relationship Coaching
• Team and Individual Performance Management
• Resilience and Positive Psychology
• Organizational (Business and Education) Effectiveness and Change Management
• Executive Coaching
• Accreditation and Outcomes Assessment

For a free consultation, feel free to email talbizu@rapinnaclegroup.com, or call 305-525-3627.
Teresa Albizu, Ed.D.

Dr. Teresa Albizu, is the Founder & Co-President of the R-A Pinnacle Group, a leadership development and educational consulting firm. She possesses a Doctor of Education (Ed.D.) degree in Higher Education Leadership from Nova Southeastern University. Teresa obtained a Master of Science degree in Marriage and Family Therapy from Carlos Albizu University, Miami Campus, completing her clinical practicum at the University of Miami’s Mailman Center. Her Bachelor of Science degree in Psychology is from Florida State University. Teresa is a native of Puerto Rico and is bi-literate in both Spanish and English.

Teresa is committed to her role as coach, strategist and mentor, partnering with her clients by sharing independent perspectives and focusing on practical solutions to the challenges they face. Her unique expertise blends her training in mental health, psychology and leadership with her experience in group dynamics, leading to the achievement of client-centered goals through Leadership Development Programs, Relationship Skills, Communication Skills, Team and Individual Performance Management, and Executive and Personal Coaching. Teresa espouses a model that integrates leadership practices with interpersonal skills, applicable to both professional and family life.

Teresa is also an alumna of the National Hispana Leadership Institute (NHLI), the Harvard Kennedy School of Government’s Executive Education Program, and the Center for Creative Leadership’s Leadership Development Program. She has made numerous presentations at local and national conferences, such as the American Psychological Association, National Latino/a Psychological Association, Council on Education, and the National Council of Schools and Programs in Professional Psychology among others.

Teresa is passionate about helping individuals, teams and organizations develop the leadership and relationship skills that will help them achieve their personal and professional goals [and feel more engaged, happy and fulfilled with life].
Dimensions of Personal Wellness

Wellness can be defined as "the quality or state of being healthy in body and mind, especially as the result of deliberate effort" (Dictionary.com), with emphasis on deliberate effort being a process and not something that is achieved and forgotten. Therefore, it is through this deliberate ongoing committed effort to our personal wellness that we are able to sustain a healthy state of being. The healthier we are in body and mind, the stronger we feel, which helps to be better prepared to manage stressful situations, and empowers us to make the best and most judicious decisions.
Achieving personal wellness means something different to everyone. However, the important thing is to recognize and be mindful of how all these areas in our lives interact with each other and impact our state of being. We must remember that living life well relies in our ability to best manage the natural imbalance of life. So while we consciously work towards staying “strong” in all these life areas, it is not uncommon to find ourselves neglecting some areas more than others. It is therefore important that we mindfully identify the strategies, develop the skills, and practice by investing deliberate effort, in maintaining each area as strong as possible.

**Intellectual Wellness** – your commitment to engaging in stimulating and creative activities that facilitate your dedication to lifelong learning with a focus on activities that best respond to your life interests.

**Social Wellness** – how you relate to self and others, including the community at large, while enjoying healthy relationships that strengthen your sense of belonging.

**Emotional Wellness** – being mindful of your feelings and thoughts, taking action to change the things you can modulate, and monitoring your self-esteem and attitudes in promoting a positive and optimistic life outlook.

**Vocational/Professional/Career** – enjoying fulfilling work related activities that nurture your skills and talents, including your gifts.

**Spiritual Wellness** – your purpose and meaning in life, integrated to and lived by your core values.

**Physical Wellness** – the way that you take care of your body, mind and overall health, to ensure your continued strength and vitality.

**Financial Wellness** – your knowledge of understanding of how to best manage your money and finances to ensure that you are able to comply with your present and future financial responsibilities and security.

**Environmental Wellness** – the interactions between the environment, community and yourself, caring for each of these responsibly.

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<table>
<thead>
<tr>
<th>OUR CHALLENGES</th>
<th>OUR POTENTIAL</th>
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<tbody>
<tr>
<td>21-36% problem drinkers</td>
<td>Physically healthy</td>
</tr>
<tr>
<td>28% depression</td>
<td>Mentally thriving</td>
</tr>
<tr>
<td>19% anxiety</td>
<td>Contributing to society</td>
</tr>
<tr>
<td>23% elevated stress</td>
<td>Focusing on client care</td>
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<tr>
<td>25% work addiction</td>
<td>Feeling connected and a sense of belonging</td>
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<td>High suicide rate</td>
<td>Willing to seek help</td>
</tr>
<tr>
<td>Sleep deprivation</td>
<td>Engaged at work</td>
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<tr>
<td>Work-life conflict</td>
<td>Continually seeking intellectual growth</td>
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<tr>
<td>Avoid seeking help</td>
<td>Emotionally intelligent</td>
</tr>
<tr>
<td>Job dissatisfaction and attrition</td>
<td>Experiencing a sense of meaning and purpose</td>
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THE PATH TO LAWYER WELL-BEING: Practical Recommendations For Positive Change