

Londina Cruz is a life strategist, international speaker, trainer, and Executive Coach. She holds certifications as a Strategic Intervention Coach with Tony Robbins, Perfect Weight Coach with Bob Proctor, Brain Health coach with Dr. Amen and a Neurorecording Licensed Specialist with Dr. Joseph McClendon III.

Londina's life-changing message has an intriguing, research-based emphasis in the pioneering field of applied Neural plasticity (Transformation), Emotional Intelligence and Human Behavior – the study of what happens when things go right with us.

She provides coaching and resilience training as her core programs and has served clients both nationally and internationally.

Always striving for excellence, Londina is the recipient of the Athena Award, Dr. John Maxwell "Intentional Living" Award, Youth Mission Outreach "Leave A Legacy Award" and New York State Brain Injury Association "Honoree." She also is proud to be part of Global Transformation with the John Maxwell Foundation, training thousands of leaders in Paraguay, Costa Rica, and the Dominican Republic to help transform the values and culture of these nations.

Londina has a son and two grandchildren and lives up-State New York with her golden terrier Sunny. Get inspired with her podcast (Building Success Habits) and daily thoughts online at londina.com