



### **Maria Pascucci's Bio:**

Maria Pascucci is a former frazzled college perfectionist turned certified professional life coach, author, speaker, leader and change-maker. She has become the “calm” voice for a new generation of rising leaders from around the world. Her book *Campus Calm University* won a gold medal in the 13th Annual International Independent Publisher Book Awards, and has been called, “ground-breaking, refreshing and as calming as a cup of peppermint tea, or an extension on that term paper due tomorrow morning.”



Recognized as an impassioned spokesperson on perfectionism as a private barrier to student health, self-confidence and leadership development, Maria speaks from the power of personal experience to audiences across the nation. She had the honor of keynoting Purdue University’s 12th Annual Women in Leadership Conference, the University of California, Merced’s 2nd Annual Women’s Empowerment Conference, South Dakota State University’s Women’s Leadership Summit and ConfidenceUNG. She is also a three-time speaker at the annual National Conference for College Women Student Leaders. Her TEDx Talk has been called an “honest look at the dangers of perfectionism and the pursuit of it.” Her media appearances include USA TODAY College, The Chronicle of Higher Education, The Huffington Post and dozens of media outlets around the world.

Maria is a *summa cum laude* graduate of Canisius College in Buffalo, New York. She earned a Bachelor of Arts degree in English and History with a concentration in Writing and Women’s Studies. Maria is also a graduate of the Allstate Minority and Women Emerging Entrepreneurs program offered through the University at Buffalo Center for Entrepreneurial Leadership. She was named 1st Place “Protege of the Year” in their capstone business plan competition. In 2013, Maria graduated from iPEC, the Institute for Professional Excellence in Coaching, to fulfill her dream of empowering others to make sustainable positive change in their lives, and is now a certified professional life coach. In 2015, Maria graduated from the Institute of Transformational Nutrition so she could empower her clients to transform their health through the power of nutrition like she did. Because when the waters are rough and things get hard, healthy, resilient students lead!