

Karla J. Aghedo

SPEAKER

CORPORATE TRAINER

WELLNESS COACH

RETREAT CURATOR

MIND, BODY, SPIRIT



At a Glance

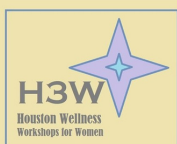
- *Wellness Coach*, Houston Wellness Workshops for Women (H3W), August 2019 to present
- *Managing Attorney*, The Aghedo Firm PLLC, Houston, TX, April 2020 to present
- *Managing Member*, Houston Life Rhythms LLC for real estate investing, November 2019 to present
- *Senior Associate*, Investigations, White Collar & Fraud, Hogan Lovells US LLP, Washington, D.C. & Houston, October 2011 to March 2020
- *Assistant District Attorney*, Anderson County, Palestine, TX, November 2010 to September 2011

About Karla

As the Founder and CEO of Houston Wellness Workshops for Women (H3W), Karla coaches professional women and curates wellness retreats, resources, experiences, and information for professional women who want to reclaim their power through wellness.

Karla offers wellness coaching, retreats, workshops, networking events, and memberships to create a community of support for the mental, physical, and spiritual wellness of high-achieving women.

After a decade of practice in bigLaw, Karla started H3W in August 2019 with the whole woman in view: mind, body, and spirit.



Contact

To learn more about Karla, visit
<https://karlajaghedo.com>.

To book Karla as a speaker, trainer, or host of your next event, email karla@h3whouston.com.

Karla J. Aghedo

SPEAKER

CORPORATE TRAINER

WELLNESS COACH

RETREAT CURATOR

MIND, BODY, SPIRIT



Partnerships

- Well-Being Initiative for Women Faculty of Color, University of North Carolina-Chapel Hill (UNC) Eshelman School of Pharmacy, Funded by Genentech
- Happy Body, Mind & Soul Wellness Retreats
- Wellness for Generations Directory of Wellness Professionals

Past Speaking Engagements

Featured Guest, YouTube Show
America's Super Mom

Strategies for Wealth Domination

Featured Guest, YouTube Show

Thought Leader Thursday with Suzanne Castle, Episode #32

Speaker, Women's Inflection Point Summit Houston

Getting to Yes: There's Always Room to Negotiate

Speaker, American Bar Association (ABA)

Litigation Section Annual Conference

Self R-E-S-P-E-C-T: Prioritize Your Own Wellness

Speaker, Jesus Sprinkle Virtual Community

Group Coaching Series

Shifting the Energy

Keynote Speaker, North Tenneha Church of Christ

Ladies' Day Program

A Shelter in the Time of Storm: Fortifying the Spirit

Featured Speaker

International Association of Women (IAW)

Mind, Body & Spirit: Embracing Total Wellness in the Midst of a Global Pandemic

Contact

To learn more about Karla, visit
<https://karlajaghedo.com>.

To book Karla as a speaker, trainer, or host of your next event, email karla@h3whouston.com.

