

RADIO / PODCAST MEDIA KIT

As Featured on:



JACQUE MARLING DE CUÉLLAR TAMING YOUR TORMENTA | DOMANDO TU TORMENTA

CONNECT WITH GUEST

	JACQUE@JACQUEMARLING.COM
	JACQUEMARLING.COM
	FACEBOOK.COM/BUSYBODIESQUIETMINDS/
	TWITTER.COM/JACQUEMARLING
	LINKEDIN.COM/IN/JACQUEMARLING

TABLE OF CONTENTS

[BIO](#)

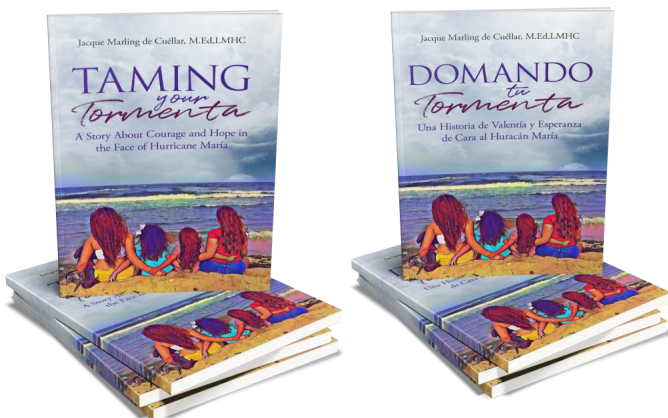
[INTERVIEW INTRODUCTION](#)

[INTERVIEW QUESTIONS](#)

[BOOK DESCRIPTION](#)

[GIFTS FOR YOUR LISTENERS](#)

[PROMO IMAGES](#)



JACQUE'S BIO

JACQUE MARLING DE CUÉLLAR



Jacquie Marling de Cuéllar is a licensed therapist, board certified clinical Ericksonian hypnotherapist, life coach, acrylic artist, and photographer with more than 30 years' experience. Previously she practiced at Massachusetts College of Liberal Arts and continues to maintain her own private practice. Her mission and purpose are to help others who suffer from trauma, anxiety, depression, cancer, and brain injury. She works with her clients to create a sense of hope that life can be different and specializes in working with individuals teaching wellness and self-care to create a life they love.

Jacquie is a breast cancer survivor. For those who suffer from cancer and chronic illness, Jacquie utilizes a multi-disciplinary approach such as hypnosis, meditation, progressive relaxation to help you to create a quality of life. She offers one-on-one coaching, workshops, and customized programs for clients seeking to create the life they desire.

Jacquie has a master's degree from the University of Massachusetts - Amherst and is a licensed mental health counselor. She is a board-certified clinical hypnotherapist from the American Hypnosis Academy in Silver Spring, MD, and neuro-linguistic practitioner.

She divides her time between her homes in Massachusetts and Puerto Rico.

INTERVIEW INTRODUCTION

SUGGESTED INTRODUCTION FOR YOUR EPISODE WITH DONNA



JACQUE MARLING DE
CUÉLLAR

Jacquie Marling de Cuéllar Pronunciation:

Jacquie: Jack – ee
Marling: Mar – ling
de: day
Cuéllar: quay--yar

Can someone who has experienced a traumatic event integrate some simple mindfulness techniques to help them pick up the pieces, develop resilience and move forward post-event?

Our guest today says, "YES!"

Jacquie Marling de Cuéllar is the CEO of the life coaching company, Busy Bodies Quiet Minds. She has more than 30 years of experience as a holistic therapist in private practice and is a photographer and acrylic artist.

In her Amazon best-selling book, *Taming Your Tormenta: A Story About Courage and Hope in the Face of Hurricane María* (available in English and Spanish), Jacquie tells stories of how several children in Puerto Rico survived and thrived in the aftermath of 2017's Hurricane María.

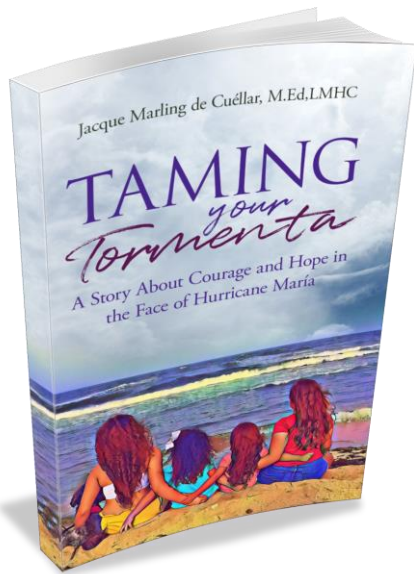
She reveals several simple techniques anyone can use to develop resilience in the face of trauma, whether it be storms, fire, shootings, or natural or personal disasters.

INTERVIEW QUESTIONS

SUGGESTED QUESTIONS FOR YOUR INTERVIEW WITH JACQUE

- 1 What inspired you to write this book?
- 2 What emotional impact did Hurricane María have on Puerto Rican residents?
- 3 How do you help people recover from a natural disaster like a hurricane or other traumatic event?
- 4 Why is the issue of mindfulness and self-care important as people recover from a traumatic event?
- 5 How did you start teaching mindfulness workshops in the schools?
- 6 What have your workshops helped the children of Puerto Rico recover?
- 7 Can you share a story or two about the impact your book has had on a reader?
- 8 What is your big vision, goal or aspiration for your book?
- 9 How can others help in Puerto Rico's recovery?
- 10 There is no question that you and your clients have seen amazing results with your books and workshops. How can listeners find out more you and your book?

BOOK DESCRIPTION



Author: Jacque Marling de Cuéllar

Publisher: BizSmart Publishing

Website: JacqueMarling.com/

Amazon:

English <https://amzn.to/2CbxEMg>

Spanish <https://amzn.to/2LXX98t>

If You Practice Good Self-Care, Stay Calm and Be Present in the Moment, You Can Be Resilient and Safe

On September 20, 2017, Category 4 Hurricane María made landfall on the tranquil island of Puerto Rico, leaving destruction in her wake. Many lost everything they owned and lacked access to basic necessities like water and electricity for more than eleven months.

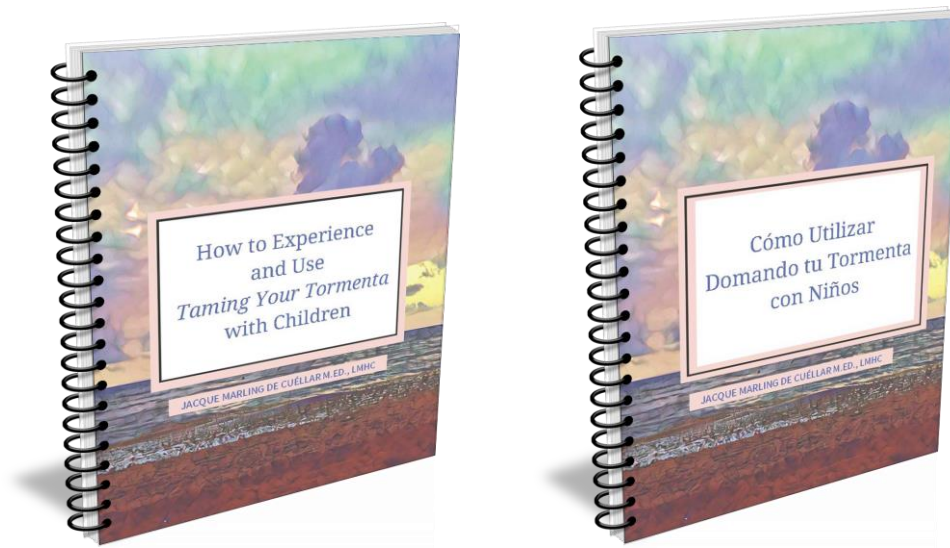
Despite the hardships they faced, Puerto Ricans found their resilience and began to rebuild their island. Part-time resident Jacque Marling de Cuéllar returned to her Puerto Rican home and was inspired by the generous helping spirit of the Puerto Rican people who offered what little they had to others who had nothing.

Realizing the potential trauma of natural disasters like hurricanes, Jacque offers stories, meditation, and a mindfulness self-care program through the use of play to children and their parents. These critical life skills teach self-care, prevention and coping strategies with the ongoing aftermath of any traumatic event.

Taming your Tormenta was inspired by teaching Life Skills in the school program, “Open Doors” (Puertas Abiertas) in Cidra, and Punta Santiago Community Center and Humacao's children and families in Palmas Del Mar, Puerto Rico.

GIFTS FOR LISTENERS

Here is a suggested but optional gift that can be mentioned in the interview



You can offer your listeners my FREE GUIDE on how to use Taming Your Tormenta with Children

<https://www.jacquemarling.com/bookbonus.html>

PROMO IMAGES

CLICK ON IMAGES TO DOWNLOAD HI-RESOLUTION WEB VERSIONS

