



# Karla B. Monterrosa

AUTHOR | SPEAKER | COACH

Helping busy moms slow down, heal deeply, and build a life where faith and family flourish.



## ABOUT KARLA B. MONTERROSA

After years of struggling to balance her family with the demands of a high-paced career, Karla made the bold decision to step away from a successful 20-year career in municipal government for a season. She was clear on her intentions for that pause: to be fully present for her family, deepen her relationship with God, and align her efforts with her true purpose. That leap of faith led to unexpected healing, a renewed sense of mission, and the creation of a peaceful home life rooted in faith and intentional living. Today, Karla is passionate about helping Christian working moms who long for more time with their families. She helps them slow down, reclaim peace, rediscover purpose, and trust God every step of the way.

Karla B. Monterrosa, MPA, is a certified coach, author, and host of the Discovering Home podcast. She is the author of *Unbraided: Transform Your Pain to Power and Purpose* and will release its updated edition—alongside the Spanish translation, *Desenredada: Transforma tu Dolor en Poder y Propósito*—in Spring 2026. Through her work, Karla equips women to embrace healing, rediscover purpose, and live faith-filled, family-centered lives.

## Signature Topics

### Unbraided: Transforming Your Pain into Purpose

Karla shares her powerful testimony of healing, equipping women to face their emotional wounds with courage and faith.

### Discovering Home: When God Calls You to Slow Down

This message affirms the deeply valuable and often misunderstood calling to focus on home and family, offering practical encouragement for women discerning a transition out of the workforce.

### Faith After Burnout: Resetting Your Life's Pace

Ideal for high-achieving women struggling with exhaustion, Karla shares how slowing down led to spiritual renewal and a more intentional, purpose-driven life.

### From Career to Calling: Redefining Success, God's Way

Karla equips women to let go of titles and roles they've outgrown and walk in the new season God is preparing—at home, in motherhood, and in ministry.

## What Others are Saying

"I felt as though God Himself was speaking to me, comforting me for all the years He had been pursuing my heart. Thank you, Karla, for your obedience and vulnerability."

—Juana Narcizo, Homemaker and Real Estate Agent





Through her story of emotional healing and spiritual renewal, Karla inspires women to embrace a life centered on faith, family, and their God-given purpose. After nearly 20 years in municipal government, she left her career to focus on her home and family. That bold step began a transformative journey of healing, faith, and purpose. Today, Karla homeschools her daughters and lives a life of impact, helping women move from burnout to peace and from pain to purpose.

#### KARLA TEACHES CHRISTIAN WOMEN TO:

- Overcome their past through faith and intentional living
- Reset their lives through rhythms of rest, spiritual renewal, and creativity
- Explore creative ways to have influence and impact from home
- Trust God's provision and timing in seasons of transition
- Walk in freedom, identity, and purpose as daughters of God

TO BOOK KARLA TO SPEAK, VISIT  
[KARLABMONTERROSA.COM/SPEAKING](https://karlabmonterrosa.com/speaking)

# Speaking

*Her Words Heal.  
Her Life Testifies.  
Her Message Empowers.*

#### IDEAL FOR:

- Women's Conferences
- Church Retreats
- Podcasts & Online Summits
- Coaching & Ministry Events
- Events on home-making, homeschooling, or family life

“Karla is clear, precise, and powerful. She speaks with the knowledge and authenticity of someone who has walked through pain and emerged stronger. She is a natural encourager, always uplifting others with empathy and grace. Her bilingual ability allows her to bridge cultural gaps and connect with people across backgrounds, making everyone feel seen and understood. Karla is not just a survivor—she is a leader, a healer, and a voice for those still finding their own.”

—Rosie Alvarez,  
Founder of Business Women of God



To book Karla for your event, visit  
[KarlaBMonterrosa.com/speaking](https://karlabmonterrosa.com/speaking) or scan  
the QR code



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