



[www.karinafdaves.com](http://www.karinafdaves.com)

# Karina F. Daves

RELATIONSHIP EXPERT &  
SPEAKER

MEDIA KIT

# Hola, soy Karina!

RELATIONSHIP EXPERT & SPEAKER

Five years ago, after achieving my degrees and teaching as a professor, I was feeling proud that I had checked everything off my life list. But, I wasn't satisfied in my marriage.

And one of the biggest things that women struggle with today is that they're not satisfied in their relationships –and to be honest it's our best kept secret.

Today, I'm a relationship expert on a mission to resurrect the side of ambitious women that got lost in their relationship. Millions of people around the world soak up my content for advice on how to have a more satisfying relationship.

Using my background as a professor and a masters degree in social work to coach women 1:1 and speak across the country showing other women what is possible for their relationship when they examine their identity, values and standards to allow them to enjoy a more satisfying relationship.



**Pictured:** Karina as the MC and Speaker at the "Our Money, Our Power" Yo Quiero Dinero Summit



**160K**

Instagram Followers



**115K**

TikTok Followers



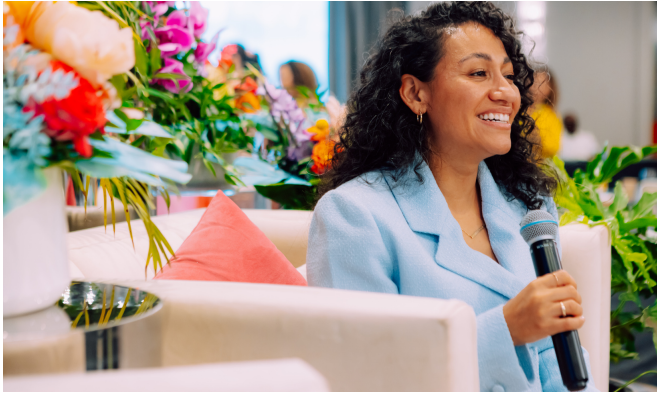
**60K**

podcast downloads

## AS SEEN ON



## SPEAKING TOPICS



✓ **A BETTER RELATIONSHIP BEGINS WITH A BETTER YOU:** In this talk, Karina explains the 3 things each individual must evaluate before pursuing a healthy, satisfying relationship. The audience will leave with evidence based approaches to better understand who they are, what they want in a relationship and how they can build their most satisfying relationship ever.



✓ **IDENTIFYING YOUR CONFLICT STYLE TO UNLOCK CONNECTION:** This talk is for individuals who want to understand their conflict style and learn strategies to help them engage more productively in their personal / professional relationships. Attendees will learn the four types of conflict styles and how they become barriers to connection and resolution in their relationship.

[Click to watch speaker reel here](#)

Yo  
Quiero  
Dinero™



MUJERÓN  
Movement

## “Client Testimonials

Karina is a light that transmits energy and love as soon as she begins to speak. As the founder of The Dream Lab, I feel so grateful that Karina was a part of our day. She connects with our community in such a special way.

*Sabrina Castillo*

“

Karina's voice is her gift. She moved everyone to tears with her stories of resilience. She knows how to command a room and make each person feel inspired to take ownership over their own lives. If you've heard Karina speak, you'll remember.

*Mariela Delamora*

# Social Media



Karina is a relationship-savvy dynamo, harnessing the power of social media to sprinkle some enchanting wisdom on matters of the heart.

With an astonishing fanbase of over 3 million likes and a knack for creating videos that break the internet, she's a force to be reckoned with in the realm of content creation.

She utilizes her platform to offer valuable perspectives on dating, relationships and marriage. With an impressive following of over 240K and a track record of numerous viral videos, Karina has established herself as a prominent content producer in the relationship niche.



## About Karina

### THE FUN STUFF



Karina F. Daves is a relationship coach who teaches women how to enjoy more satisfying partnerships. As a relationship coach, Karina leverages her experience as both a former social worker and adjunct women's studies professor to teach women how to strategically evaluate their personal identity, values, and standards so they can elevate themselves and their relationships.

Karina's work has amassed more than 240,000 followers across her social media platforms, and her videos have reached close to 25 million viewers, with 500,000 views in this month alone. When Karina is not creating content or working with clients, you can catch her dancing in her kitchen with her family soaking up God's blessings and miracles.

## PARTNERSHIPS

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Having supported over 1,000 women and counting women on their journeys toward greater relational satisfaction, Karina shares her wisdom through personal coaching sessions, international speaking events, and hosting her popular podcast, "One Day at a Time." Make this your new favorite show! Tune in now wherever you listen to your podcasts.

## WHAT YOU CAN EXPECT

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Karina welcomes collaborations with brands that prioritize and advocate for strong relationships built on a solid foundation of trust, support and mutual understanding. If you are interested in exploring a partnership or spokesperson arrangement with Karina would be delighted to discuss further. Please reach out to her team at [team@karinafdaves.com](mailto:team@karinafdaves.com)



### GET IN TOUCH

To partner with Karina F. Daves, please reach out to her team at [team@karinafdaves.com](mailto:team@karinafdaves.com) to share what you imagine your partnership to look like and ways you can work together.

[teame@karinafdaves.com](mailto:team@karinafdaves.com)  
[www.karinafdaves.com](http://www.karinafdaves.com)

