



LUDMILA WOODRUFF

Coach, Podcaster, Speaker, Wife, Dreamer & Mother



About Ludmila Woodruff

Ludmila Woodruff is a leading High-Performance Life and Relationship Coach, trusted by executive entrepreneurs and industry leaders to elevate emotional intelligence, leadership presence, and relational depth. With a reputation for catalyzing profound transformation, she empowers clients to align personal mastery with professional success.

She is the co-author of the best-selling **"Slay in Tampa Bay: Stories of Powerful Women Leaving Their Mark"**,

host of the Deeply Connected podcast—ranked in the top 3% globally on Listen Notes—and a sought-after speaker known for delivering grounded, high-impact insights.



Ludmila's signature methodology blends Internal Family Systems, somatic and trauma-informed work, breathwork, cognitive behavioral coaching, mindfulness, and nervous system regulation. Her holistic approach uncovers and resolves the internal patterns behind external limitations, guiding clients to embody emotional resilience, deepen their relationships, and lead with clarity, confidence, and presence.

What sets her apart is not just the depth of her training, but her integration of these tools into her own life. Her work is lived, not just learned—making her impact both strategic and deeply human.





Speaking Engagements:

1. Results Driven Real Estate and Educational Company Ohio - Topic "The Guide To Successful Businesses and Thriving Relationships" .
2. Innovative Income Summit Women's Business Conference Tampa - Topics " Stress Management for High Performers" , "Creating Conscious Relationships" , " Raising Confident Kids"
3. Youngevity Trading Academy Las Vegas - Women in Business Event - "Leading with Feminine Power : How to Be Soft and Unshakable" " From Success to Significance : Building a Life That Feels as Good as It Looks Like"
4. Boss Talks Tampa Women's Business Event - "Unlock The Power of Intimacy : A Workshop On Bulletproofing Your Dating and Relationships"
5. Fitness Social California - Topic "Mental and Emotional Fitness"
6. Women Centered For Success Tampa - Topic "Relationship Wellness For High Achieving Women"
7. The Stovall House Tampa - Topics - "Tools And Exercises For Reducing Stress, Creating Deeply Connected Relationships And Professional Success" , "Overcoming Perfectionism, Comparison And Imposter Syndrome For High - Achieving Women" , "Unlock The Secrets To Love By Bridging The Gap Between Men And Women When It Comes To Relationships" , " Elevate And Thrive - Empowering Strategies For Successful Women"

Signature Speaking Topics

- **Raising Emotionally Intelligent & Confident Kids**
 - Parenting with emotional regulation, presence, and leadership at home.
- **Success at Home: Emotional Intelligence for High-Performing Parents**
 - Creating a Calm, Connected Home While Thriving in Business and Leadership
- **The Emotionally Intelligent Leader**
 - Lead with clarity, confidence, and connection in high-pressure environments.
- **High Performance Without Burnout**
 - How emotional and nervous system mastery unlocks sustainable success.
- **Redefining Intimacy for High Achievers**
 - Cultivating deeper connection without sacrificing ambition.
- **The Inner Work of Leadership**
 - Why unprocessed emotions and unhealed patterns sabotage success—and how to change it.
- **The Feminine Edge in Leadership**
 - Embracing feminine intelligence to lead, love, and live more fully.

