



ALICIA LOZANO, MS

SPEAKER & TRAINER

CREATOR OF THE LIFE FLOW PROCESS
PRESENT | ENERGETIC | INSPIRATIONAL

Alicia Lozano is the founder of The Motivated Co, a personal development training company for entrepreneurs looking to increase productivity and maximize results.

Alicia is the creator of The FLOW framework, a life-design framework she used to drop 100 lbs, become a marathoner, and launch her business all under one year!

Her credentials include seven years of corporate coaching, consulting, and training. She also holds a graduate degree in Organizational Development and Leadership.

She is a wife, dog-mom to four rescue pups, and enjoys a good enchilada plate! Alicia is an advocate for the underdog and loves inspiring her community to believe in themselves so that they design their ideal life from any situation and from any past!

| THE
MOTIVATED CO.

A PERSONAL DEVELOPMENT TRAINING COMPANY |