



Dr. Raquel Garzon, RDN

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Dr. Raquel Garzon is the president of Revitalize Project and the author of a new book, *The Business of You: Leveraging Business Principles to Thrive in Life*. She has delivered performance, wellness, and leadership content to thousands of high performers in over 25 countries. She has presented to executive audiences from 35 of the top Fortune 100 companies as well as to 12 CEOs of Fortune 500 companies. She also serves as adjunct faculty at the Federal Executive Institute, training government leaders on wellness and resilience. Garzon has also worked as a pediatric dietitian for the Department of U.S. Army, where she was awarded the Commanders Award for Civil Service. She has held several other roles in start-up companies as well as private and non-profit organizations in Florida, Georgia, and Texas. Garzon earned her doctor of health science degree from Nova Southeastern University. Garzon also holds a bachelor of science degree in nutrition from the University of Florida and a master of science degree in nutrition from Texas A&M University. She is a certified ASQ Six Sigma Green Belt, a registered dietitian, and a certified personal trainer.