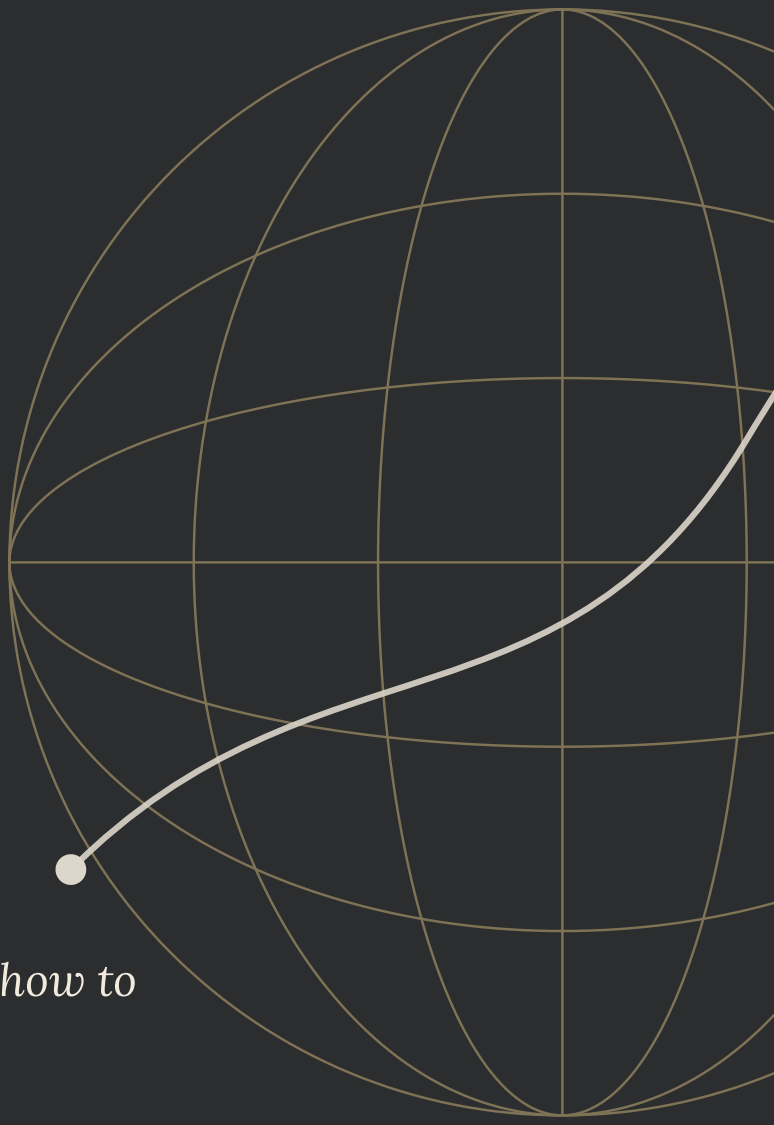
STUDENTS · ELITE · EXECUTIVE



Global Adapt Method

ADAPT. CONNECT. THRIVE.

Wherever life takes you, knowing how to adapt changes everything.

A personalized approach that helps people navigate transition, high expectations, and change, whether they are students, elite athletes, or executives.

FOUNDED BY LILIANA SÁEZ, MBA

WHAT IS GLOBAL ADAPT METHOD?

Success takes more than performing well

Global Adapt Method is a personalized approach designed to help people successfully navigate periods of transition, high expectations, and change.

Whether you're adjusting to a new country, balancing the demands of elite performance, starting in a new academic environment, or stepping into an international professional role, success takes more than performing well. It takes learning how to function, connect, and thrive in a new reality.

We focus on the person as a whole.

Helping each individual build the structure, routines, communication skills, confidence, and independence to succeed in demanding environments.

THE METHOD

Adapt

UNDERSTAND THE NEW REALITY

Make sense of a new environment, its expectations and culture, and build routines that create stability.

Connect

BUILD REAL CONNECTIONS

Communicate with confidence, strengthen relationships, and create a sense of belonging.

Thrive

MOVE BEYOND ADJUSTMENT

Develop the confidence, wellbeing, and independence to keep moving forward on your own.

Every plan is personalized. There is no one-size-fits-all curriculum: we start with what's creating the most pressure, then build strategies around each person's real schedule and real life.

THREE SPECIALIZED PATHS

One method, adapted to each person

The challenges of a student, an elite athlete, and an executive are very different. That's why Global Adapt Method is divided into three specialized paths.

Global Adapt Students

For international students navigating life, academics, and independence in a new environment.

Helps young people adjust to the academic, cultural, social, and personal demands of studying away from home. The focus goes beyond academics to the everyday skills that make adapting possible: organization, time management, study habits, focus, stress management, communication, healthy routines, social integration, and growing independence.

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Global Adapt Elite

For high-performance athletes managing the demands around elite performance.

Supports the person behind the athlete. Elite athletes often balance intensive training, competition, travel, academics, family expectations, cultural transitions, and real performance pressure, all at once. This path helps them build structure, strengthen routines and communication, navigate transitions, and grow more independent, without replacing coaches, trainers, medical professionals, or mental-health providers.

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Global Adapt Executive

For executives and professionals navigating international transitions and high-demand environments.

Supports professionals adapting to new countries, cultures, organizations, and leadership environments: cultural differences, communication styles, professional expectations, personal routines, and the practical challenges of a major move. The goal is not just to adjust to a new location or role, but to feel confident, effective, and grounded in it.

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ONE METHOD. THREE DISTINCT PATHS.

Different worlds, the same foundations

Students. Elite athletes. Executives. Their environments are different, but adapting well rests on the same foundations:

Understanding a new environment	**Building effective routines**	**Communicating with confidence**	**Creating meaningful connections**	**Developing independence**

Global Adapt Method provides the framework. *Each path adapts it to the individual.*

ABOUT THE FOUNDER



Liliana Sáez, MBA

FOUNDER, GLOBAL ADAPT METHOD

For about nine years, Liliana has worked with University Success as Director of Operations and Director of Wellness, supporting international students and families. Trained as a sociologist in Venezuela, she earned her MBA in the United States and is a Certified Ayurvedic Practitioner. She has worked with elite student-athletes, including athletes at national and Olympic-team levels, and has lived in the United States for more than 26 years. She works in English, Spanish, and Italian.

HOW TO BEGIN

1

Find your path

Students, Elite, or Executive.

2

Take the free self-assessment

See where you're ready and where support would help.

3

Start a conversation

We'll recommend the right option for you.

Adapt. Connect. Thrive.

Educational and wellness support, not therapy or medical care.

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