

# Bio: Lucas Mattiello



you wouldn't expect someone diagnosed with Panic Disorder would become stress management trainer, but that's exactly what Lucas Mattiello did. Lucas uses his experiences of going from living with anxiety for 15 years to connect with clients and offer the techniques, strategies, and lifestyle changes that propelled his life to turnaround and thrive. Assisting business professionals become empowered with stress management tools is Lucas' passion. He is an internationally renowned trainer that has been featured in Forbes, trained hundreds of business professionals, and his corporate clients include: Abercrombie & Fitch, Investors Group, and Cactus Club.