

Alette Hernandez Carolan

Writer, strategist, and speaker on midlife evolution, reinvention, emotional intelligence, recovery, and rebuilding after major life transitions.



Alette Hernandez Carolan is a writer, strategist, speaker, and founder whose perspective was shaped in part by decades inside family law, entrepreneurship, recovery, and human conflict. She is the author of *Just in Case! Lose Your Heart, Not Your Mind* (Bricktower Press, 2017) and is currently writing *The Awake Woman* (in production, 2026).

She is the founder of TheQuickDivorce.com (2020) and Separia (2025), and the co-founder of MomMind AI (2026, with Teri Arvesu). A Florida Supreme Court-Certified Mediator and Forbes Legal Advisory Board member, she has spent more than two decades at the intersection of law, life transitions, and technology.

Suggested Conversations

Episode-ready themes for podcast, panel, and on-camera.

01 What 22 Years of Sobriety Taught Me About Emotional Clarity

How long-term recovery rewires your relationship with truth, intuition, and the choices you stop avoiding.

02 Why Smart Women Ignore Their Own Intuition

The quiet patterns — overfunctioning, performing, peacekeeping — that override what women already know about their lives.

03 Reinvention Requires Grieving Your Former Identity

Why real reinvention is a loss before it's a gain — and what it asks of women in midlife.

04 The Hidden Exhaustion of Performing Stability

What it costs to look fine on the outside while privately rebuilding everything underneath.

05 Why Emotional Safety Matters More Than Compatibility

What two decades inside family law revealed about the relationships that last and the ones that quietly erode.

06 Building a Business After Rebuilding Yourself

Founder lessons from launching three companies after divorce, sobriety, and an international move.

07 Parenting While Rebuilding Your Own Identity

Raising daughters through your own transformation — without performing motherhood.

08 Why Self-Sufficiency Is Emotional Before It's Financial

Why financial independence rarely sticks until the inner architecture catches up.

09 Midlife Is Not a Crisis — It's a Reckoning

Reframing midlife as a moment of clarity, not collapse.

Audiences

Women in midlife · Founders & operators · Latina audiences (EN/ES) · Recovery & sobriety · Legal & financial media · Motherhood & parenting

Formats

Podcasts · Keynotes · Panels · Fireside chats · Broadcast / on-camera commentary · Bilingual interviews (English & Spanish)

Selected Appearances

Yo Quiero Dinero with Jannese Torres	How to Survive Divorce — Ep. 306 (Jan 2025)
The Mami Collective	Divorce Without Drama: Money, Motherhood & Moving Forward (Nov 2025)
Fierce and Flowing with Monique Renée	Freedom Through Sobriety
The Managing Partners Podcast (Array Digital)	Episode 184 — Aliette Carolan (June 2025)
Authority Magazine	5 Things You Need To Know To Survive And Thrive After A Divorce
Daily Business Review	Trends Driving Innovation in Digital Divorce (June 2024)
Built In	Can Tech Ease the Pain When a Marriage Ends?
Forbes	Legal Advisory Board contributor

“She was the most quoted speaker of the day. Direct, warm, and absolutely unflinching.”

— Conference producer, Miami

Fast Facts

- Author, *Just in Case!* (Bricktower Press, 2017) · *The Awake Woman* (in production, 2026)
- Co-founder, MomMind AI · Founder, Separia · Founder, TheQuickDivorce.com · Principal, Carolan Family Law
- 20+ years of family law practice · Florida Supreme Court-Certified Mediator
- Forbes Legal Advisory Board · Florida Super Lawyer (2014–2025)

- First-generation Cuban-American · Sober since June 2004
- Based in Coral Gables, FL · Lived in Madrid, Spain (2023)
- Languages: English, Spanish

Booking

For podcast bookings, expert commentary, panels, or speaking opportunities, email **media@aliettecarolan.com**. We respond within two business days. Alette is available for English- and Spanish-language interviews.

aliettecarolan.com/speaking