

# Teresa Ferreiro-Vilariño Announces the Release of Navigate Cancer: Coaching for Resilience - Leadership and Business

*We may not choose our hardships, but we can always choose how we respond to cancer.*

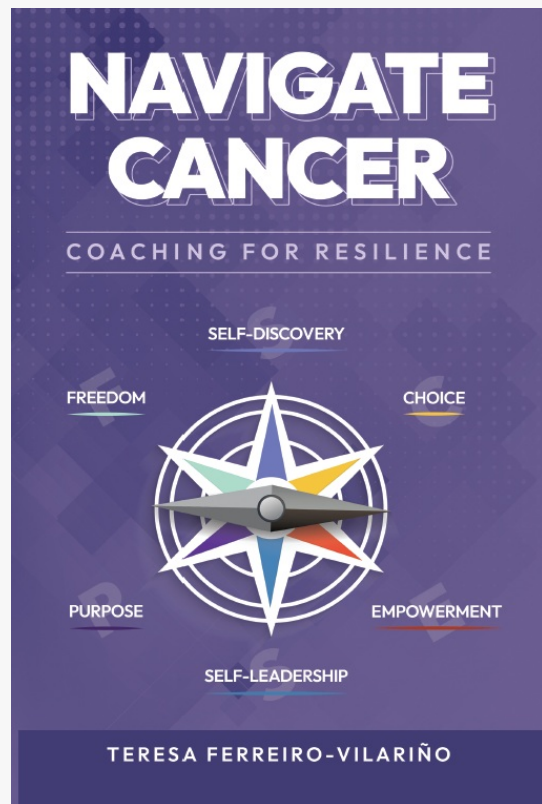
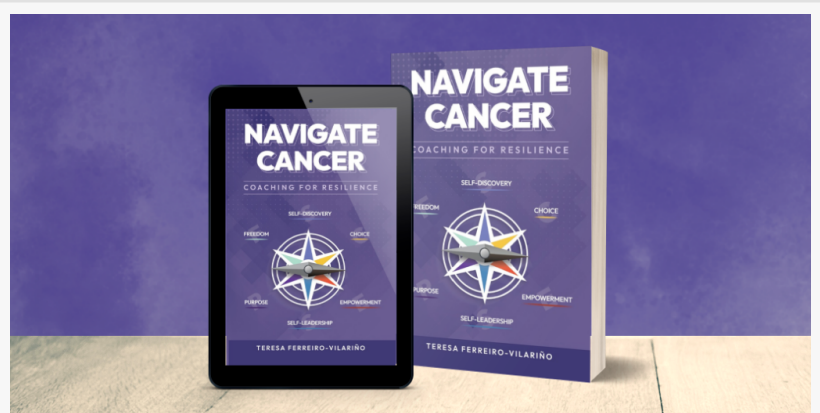
DALLAS, TX, UNITED STATES, April 29, 2026 /EINPresswire.com/ -- About the [Book](#)

Coaching for Resilience

Leadership / Self-Help / Health / [Business](#)

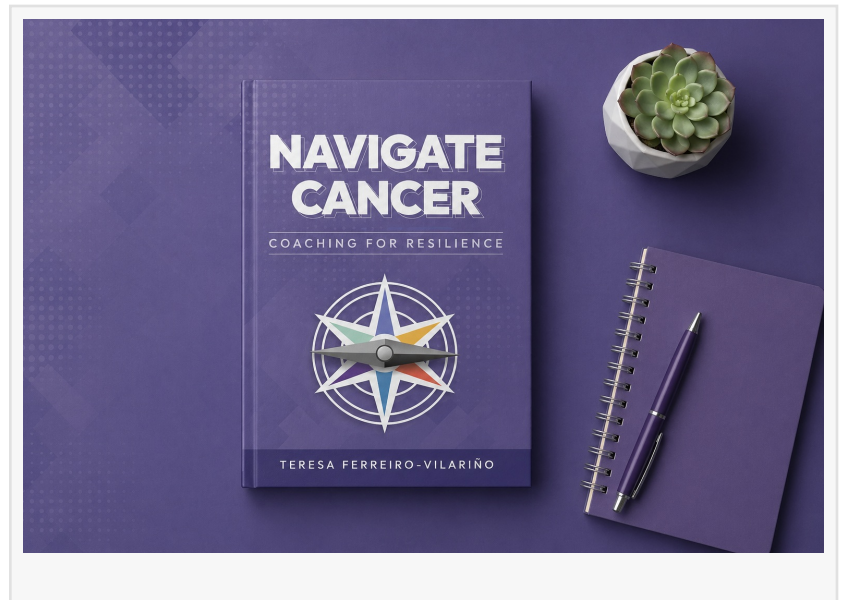
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Arizona, USA

This empowering book launches the new Cancer Compass; an essential self-leadership resource for people facing cancer. It extends its reach to caregivers, healthcare professionals, and organisations committed to offering meaningful support to anyone in their workforce dealing with cancer. It encourages us to see cancer not solely as a medical challenge, but as a profound moment to honour the resilience of our human spirit, embrace growth, and reclaim control of our lives for a brighter future.



[Teresa Ferreiro-Vilariño](#) challenges her readers to shift their perspective, prioritising personal empowerment, connection and purposeful living. Her insights about resilience coaching and

each person's human potential are uplifting. Her book is deeply rooted in practical application, including thoughtful exercises and tools that prompt us to access our inner resources, engage in self-discovery and cultivate our secure bases. These unique gifts guide us to align our decisions with our values and goals, helping us chart a path forward with choice, clarity and confidence.



### About the Author

Teresa Ferreiro-Vilariño is the Founder and CEO of Kimberlite (<https://www.kimberlite.es>), an innovative organisation dedicated to providing comprehensive support to people navigating cancer—particularly within corporate settings—through professional coaching. A Master Certified Coach (MCC) accredited by the International Coaching Federation (ICF), Teresa brings more than 20 years of experience working with leaders and organisations worldwide.

At the age of 36, a breast cancer diagnosis marked a turning point in her life, redirecting her focus toward empowering people living with cancer. In the years that followed, she authored her first book, *I Have Breast Cancer—What Now?*, recognised for its inspirational and practical guidance, embraced motherhood, and founded a charitable initiative supporting young women navigating motherhood after cancer. She later earned a PhD focused on applying professional coaching methodologies to the specific needs of people facing serious health challenges. In recognition of her commitment to patient advocacy, she was honoured with the European Patient Champion Award by EyeforPharma in 2019.

Teresa is also an executive coach and coaches across multiple programs at IMD Business School in Lausanne, Switzerland, including the flagship High-Performance Leadership (HPL) Program, supporting leaders in developing resilience, clarity, and sustainable performance.

Visit the Author Online: <https://teresafferreiro.com>

Available Now: <https://mybook.to/NavigateCancer>

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