Gloria Garcia, Profiled by Influential Women, Turns Experience And Preparation Into Excellence In Executive Operations

BENICIA, CA, UNITED STATES, September 16, 2026 /EINPresswire.com/ -- A Career Grounded In Preparation, Resilience, Self-Care, And A Commitment To Helping Others Succeed



With nearly two decades of experience in the insurance industry, Gloria L. Garcia has established herself as a dependable executive support and operations professional whose work extends far beyond administrative responsibilities. Currently serving as Senior Executive Assistant and Project Manager at Lockton Companies, Gloria provides essential support to executive leadership while overseeing office operations, coordinating projects, and helping teams maintain the efficiency and organization necessary to deliver exceptional client service.

Throughout her career, Gloria has developed a reputation for discretion, reliability, problem-solving, and the ability to remain composed while navigating complex business environments. Her experience encompasses executive support, project coordination, event management, travel logistics, budgeting, onboarding, employee engagement, and cross-functional communication. More importantly, she has developed a deep understanding of what it takes to support leaders effectively while ensuring that the broader organization continues moving forward.

Before joining Lockton Companies, Gloria spent more than 11 years with Travelers Insurance, where she supported regional leadership and contributed to a broad range of operational and administrative initiatives. Her years in the insurance industry have given her firsthand experience working in an environment that can be demanding, fast-paced, and historically male-

led. Through those experiences, Gloria learned how to approach challenges with preparation, discipline, empathy, and sound judgment.

Much of Gloria's professional success can be traced to lessons she developed early in life. As the oldest child in a Latino family, Gloria grew up feeling responsible for setting an example for her younger siblings. She felt pressure to be perfect and to always make the right decision, a mindset that shaped the way she approached both her personal life and career.

Gloria describes herself as someone who was always planning ahead, often planning for the plan to make a plan for the plan. Although that mentality created stress and sometimes prevented her from being fully present in the moment, it also gave her an extraordinary work ethic and an instinct to prepare for every possibility. She began thinking about retirement and making investments at a young age because she was constantly focused on preparing for the future.

That discipline has served her well throughout her professional journey. Gloria understands the importance of anticipating challenges before they arise, organizing information, and creating structure in environments where priorities can shift quickly. Her ability to think several steps ahead allows executives and teams to remain focused on their responsibilities while she helps manage the operational details behind the scenes.

At the same time, Gloria's years of experience have taught her that achievement cannot come at the expense of personal well-being. While she is proud of what she has accomplished and acknowledges that she has become the most successful among her siblings, she recognizes that her drive for perfection came with a price. Over time, she learned that success requires balance, self-care, boundaries, and the willingness to step back when necessary.

Those lessons have also influenced the way Gloria approaches decision-making. She believes that sound business decisions require rational thinking rather than allowing emotions to dictate an outcome. Her perspective developed through years of working in the corporate world and navigating an industry where women have historically faced assumptions about being too emotional. Gloria believes that learning to separate emotion from decision-making has been critical to her growth and effectiveness as a professional.

For young women entering the insurance industry, Gloria encourages developing the ability to remain composed and make thoughtful decisions, particularly in challenging situations. She recognizes that her position may not be universally shared, but she believes that emotional awareness and rational decision-making can coexist. For Gloria, empathy remains important, but difficult professional decisions must ultimately be based on facts, sound judgment, and long-term outcomes.

Her experience has also reinforced the value of maturity in leadership. Gloria has learned that not every situation requires an immediate emotional reaction and that sometimes the strongest

response is to take a step back, evaluate the circumstances, and proceed with clarity. This approach has helped her establish credibility, navigate difficult conversations, and remain effective in demanding corporate environments.

Beyond her professional responsibilities, Gloria is deeply committed to workplace culture and the development of future talent. Through internal culture initiatives and mentorship, she helps early-career professionals make the transition from academic environments into the corporate world. She understands the uncertainty that can accompany that transition and believes that practical guidance, encouragement, and support can have a lasting impact.

Her leadership philosophy centers on service, collaboration, emotional intelligence, and practical problem-solving. Gloria believes that supporting others is one of the most meaningful aspects of professional success. Whether she is assisting an executive, coordinating an initiative, mentoring a young associate, or helping improve workplace culture, she brings the same sense of responsibility and commitment that has characterized her career.

Self-care is another value that has become increasingly important to Gloria. She believes that taking care of others begins with taking care of yourself mentally, spiritually, emotionally, and physically. Her philosophy is simple: you cannot feed from an empty cup. To be available for family, colleagues, and the people who depend on her, Gloria knows she must first make sure that her own cup is full.

Fitness plays an important role in maintaining that balance. Gloria is a dedicated gym enthusiast who works out every day. On good days, she works hard at the gym, and on difficult days, she works even harder. For her, exercise is not simply about physical appearance or fitness. It is primarily about mental health, discipline, and creating the consistency necessary to feel strong and grounded. The physical benefits, she believes, naturally follow that consistency.

Gloria has also become intentional about setting boundaries and protecting her time and energy. Earlier in her life, she often felt compelled to say yes, but experience has taught her that constantly meeting every expectation can lead to exhaustion. She now understands the importance of recognizing her own needs and being selective about where she invests her energy.

That lesson extends to relationships and environments as well. Gloria believes that surrounding yourself with negative or draining energy can take a serious toll over time. Protecting one's peace, time, and energy is therefore just as important as maintaining professional boundaries. For Gloria, saying no when something does not align with her priorities is not selfish; it is an essential part of sustaining a healthy and productive life.

Perhaps the most significant lesson Gloria has learned is the importance of being present. The same planning and perfectionism that helped drive her success also caused her to miss moments she wishes she could have experienced more fully. Today, she encourages herself and

others to let go of the need for everything to be perfect and to appreciate the present rather than constantly preparing for what comes next.

That perspective has added a new dimension to Gloria's definition of success. Success is no longer simply about achievement, preparation, or professional advancement. It is also about having the wisdom to maintain balance, protecting personal well-being, supporting others, and being present for the people and experiences that matter.

As Gloria continues her work at Lockton Companies, she brings together nearly two decades of industry knowledge with a more balanced and intentional approach to leadership and professional life. Her career reflects the value of preparation, perseverance, service, and adaptability, while her personal philosophy reflects the importance of self-care, boundaries, rational decision-making, and presence.

For Gloria, the goal is not perfection. It is progress, balance, and the ability to help others succeed along the way. Through her executive support, operational leadership, mentorship, and dedication to workplace culture, she continues to make a meaningful impact on both the people and organizations around her.

Learn More about Gloria L. Garcia

Through her Influential Women profile, https://influentialwomen.com/connect/gloria-garcia

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