

Aliette Hernandez Carolan

Author · Founder · Speaker · Esq.



Aliette Hernandez Carolan is the author of *The Awake Woman*, founder of Separia, and co-founder of MomMinds AI. She builds companies for women in transition — and she speaks about what twenty-two years of law, three companies, and a life lived out loud teach you about freedom, money, and waking up to your own life.

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BIOS

Three lengths, ready to use.

SHORT — 50 WORDS

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MEDIUM — 100 WORDS

Aliette Hernandez Carolan is the author of *The Awake Woman: A Philosophy of Freedom*, the founder of Separia — the first platform designed for every phase of a major life transition — and co-founder of MomMinds AI. A family law attorney with twenty-two years of practice, she is also the sole practitioner behind Carolan Family Law. A Forbes Legal Advisory Board member, Florida Super Lawyer (2014–2025), and Florida Supreme Court–Certified Mediator, she has been featured on CNN en Español, PBS, Telemundo, Univision, and in The New York Times. She got sober in 2004, moved her two daughters to Madrid in 2023, and built her career on one belief: wake up to your own life, and the rest follows.

LONG — 200+ WORDS

Aliette Hernandez Carolan is the author of *The Awake Woman: A Philosophy of Freedom* and the founder of three companies built for women in transition. An AV-Rated Preeminent family law attorney, Florida Supreme Court–Certified Mediator, and Forbes Legal Advisory Board member, she has spent twenty-two years at the intersection of law, life transitions, and now technology — first as a litigator, then as a mediator, and now as a founder building the platforms she wished her clients had years ago.

She founded Separia, the first platform built for the complete arc of a major life transition — from the decision before the decision through rebuilding. She co-founded MomMinds AI with Teri Arvesu, teaching women how to use artificial intelligence to reclaim time and stay professionally relevant. And she runs Carolan Family Law, a Florida advisory practice offering consultations, presuit resolution, and second opinions — online only, without the courtroom.

Her perspective is shaped by professional expertise and personal experience in equal measure. She has navigated marriage, divorce, single motherhood, co-parenting, sobriety, and an international relocation with two children. In 2023, she moved her daughters to Madrid, Spain — alone, by choice, because she wanted to. Her life is the proof of concept for the work she does.

She holds a J.D. from Nova Southeastern University, a B.S. from the University of Miami, and studied International and Comparative Law at the Paris Institute. She has been cited in The New York Times, featured on CNN en Español, PBS, Univision, and Telemundo, and recognized as a Florida Super Lawyer for eleven consecutive years.

FAST FACTS

At a glance.

Title	Author · Founder · Speaker · Esq.
Book	<i>The Awake Woman: A Philosophy of Freedom</i>
Companies	Separia (Founder) · MomMinds AI (Co-founder) · Carolan Family Law (Principal)
Practice	22 years · Florida Supreme Court–Certified Mediator · AV-Rated Preeminent
Recognition	Forbes Legal Advisory Board · Florida Super Lawyer 2014–2025
Press	The New York Times, CNN en Español, PBS, Univision, Telemundo, Forbes
Based in	Madrid, Spain · Practices law in Florida, USA
Languages	English, Spanish

SPEAKING TOPICS

Signature talks.

- Wake up to your own life: a philosophy of freedom for women in transition
- The legal, financial, and identity architecture of a major life change
- Building companies women actually need (and the gap the market keeps missing)
- AI for working mothers: reclaiming time without losing yourself
- Sober, single, and starting over — in three countries

SELECTED PRESS

Where she's appeared.

The New York Times	<i>Cited on the changing economics of family</i>
CNN en Español	<i>On reinvention, motherhood, and AI</i>
PBS	<i>Feature segment</i>
Univision	<i>Mujeres en transición</i>
Telemundo · Hoy Día	<i>AI for working mothers</i>
Forbes	<i>Legal Advisory Board contributor</i>

DOWNLOADABLE ASSETS

Available at aliettecarolan.com/press

Headshot — Portrait	1600 × 2000 JPG
Headshot — Landscape	1920 × 1080 JPG
Headshot — Square	800 × 800 JPG
Bios	Short / Medium / Long (this document)

Educational content is not legal advice. Legal inquiries should be directed to Carolan Family Law.