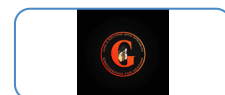




21st CENTURY WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, POSITIVE PSYCHOLOGY & MENTAL HEALTH SUMMIT (EDITION 7)

NOVEMBER 08-09, 2024 | Hotel Medium Valencia, Spain



Pain is an inevitable part of life, that will require a totally changed mindset and the manner in how we respond to it. We can choose to either respond positively or negatively. It can be an indicator that something is wrong physically, mentally or emotionally. I am going to provide you with seven steps to turn your pain into purpose.

1. Self-Reflection, Identifying and Understanding The Pain:
2. Understand The Experiences, Events, or Challenges That Have Caused This Pain:
3. Define Your Values and Beliefs:
4. Align Your Purpose With These Values:
5. Embrace Your Pain As The Teacher:
6. Seek Support And Healing:
7. Set Specific Goals:

These steps, will help you identify the pain and gain a better understanding of how to handle it, through prayer and Scriptures references.

Biography

Dr. Brenda Sawyer, a Native New Yorker comes from humble beginnings and currently resides in Philadelphia with her daughter Natia. She is a retired educator, international best-selling author of Encouraging Words For The Mind, Spirit And Soul and an inspirational speaker. As a mentoring strategist and The Write Way Coach®, Dr. Sawyer's passion is to impart knowledge to individuals, unlock their potential through guidance and encouragement. Dr. Sawyer holds a second Master's Degree in Elementary Education and holds an Honorary Doctorate Degree in Christian Humanities. She is the Founder and CEO of GIRLS WALKING WITH INTEGRITY EMPOWERING FOR DESTINY (GWWI)®, where she mentors and equips Christian women ages 45-65 to transform their lives through Biblical principles, while leaving an indelible legacy for posterity and confidence. Additionally, Dr. Sawyer heads God Wants To Get The Glory From Your Story® where she hosts Zoom interviews for individuals to share their stories of faith and miracles. When she is not mentoring, coaching, being featured in magazines, anthologies and being a guest on podcasts, you can find her on Clubhouse for

7 Ways to Turn Your Pain Into Purpose

Dr. Brenda Sawyer

GIRLS WALKING WITH INTEGRITY EMPOWERING FOR DESTINY (GWWI)®, USA

inspiring faith-building sessions such as TESTIMONY TUESDAY and The Power of The Tongue.