



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

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



INTRODUCTION / BACKGROUND: Dr. Debra is a transformational leader and dramatic speaking coach who speaks from her heart to help others shatter the lies that have kept them from achieving their dreams. Having overcome learning problems, abuse, cancer, and trauma, she uses the principles from her studies in Transformational Leadership and learning to aid others in uncovering their unique superpowers to live victorious. Her degrees in communication, Sociology, and Education and a doctorate in Transformational Leadership give her a base to assist others in unleashing their superpowers and becoming the heroes and heroines of their own stories. She is proud to be a speaker and workshop leader for Blissful Living, Disrupt Aging Classroom, AARP workshops, Changing the Narrative, Optimal, Show Me, ASA aging Summits, women empowerment summits, Leo, WELS and LOSD Global Research Conference and Skills Live. She uses her talents to coach others to speak powerfully and dramatically to own the stage from the beginning at sheroars.live. She is the proud receiver of the LOSD Excellence Awards 2024 for Media and Communication.

AIM / OBJECTIVE: Learn how to:

1. Identify things that have previously stopped you from using all your gifts.
2. Understand the steps to unleashing your gifts powerfully.
3. Understand the importance of teamwork and supporting others.

RESULTS / DISCUSSION: We all have superpowers that have gone undiscovered, limiting our potential to achieve, solve problems, and become all we are meant to be. Too often, we feel like we have nothing special to give. There is nothing further from the truth. We will work together to explore ways to uncover and release your superpowers so that you can become the heroine of your own story. In this fun interactive presentation, discover your superpowers, confront what stops you from using them, and brainstorm together how to put together a team that will enable continued support and development of

"BECOME" UNLEASH YOUR SUPERPOWERS TO BECOME THE HERO OF YOUR OWN STORY

Dr. Debra Mrock

CEO Resound LLC

Director of She Roars Boldly

Internationally awarded Dramatic Coaching and Speaking, USA

your superpower squad.

CONCLUSION / SUMMARY: Changing the narrative regarding our past will change our future and we will become more confident, powerful, and strong.2) Critically reflecting on past beliefs will reveal truth and practical solutions 3) learn to communicate and collaborate, with others who have superpowers different then us to form impactful teams.

KEYWORDS: professionals, education, service provision, high quality, practical, cross-sectoral, interdisciplinary, multidisciplinary, frontline, workplace, future challenges, capacity building, management, resilience, mental health, achievement, empowerment, fulfillment, women-empowerment, lifestyle, achievement, lifechanging

Biography

Dr. Debra is an international speaker who speaks from her heart to help others shatter the lies that have kept them from achieving their dreams. Having overcome learning problems, abuse, cancer, and trauma, she uses the principles from her studies in transformational leadership; she aids others in uncovering their unique superpowers to live victorious. Degrees in Communication, speech, and drama, a Master's in Education, and a Doctorate in Transformational Leadership give her a base to assist others in unleashing their superpowers and becoming the heroines of their own stories. She has worked as a drama coach and director for over 20 years in schools, community theatre, and churches for all ages. She is proud to be a speaker and workshop leader for Blissful Living, Leo International conferences, WEL Women Empowerment Conferences, Global Research Conference Cambridge England, LOSD Skill Live, Disrupt Aging Classroom, and AARP workshops, Changing the Narrative, Optimal, Show Me, and ASA aging Summits. She's a dynamic coach who helps women own the stage from the beginning by speaking dramatically.