



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

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



INTRODUCTION: Self-Love is a journey not a destination. It is the ultimate road trip that will cause individuals to explore the decisions that caused delays, poor choices that led to heavy traffic, the traumatic experiences that created road blocks, and the failures that hindered their personal reconstruction. This very transformative journey leads individuals to traffic the unknown territories of their heart, and the vast regions of their mind, and to learn how love themselves unconditionally.

AIM: Participants will understand that self-love is an ongoing process. There is no quick fix, however, with time, effort, and commitment individuals can understand themselves with efficacy, receive the healing needed to move forward, and improve their performance in every area of their life.

- Participants will identify barriers to positive thinking.
- Participants will release toxic thoughts, people, and situations.
- Participants will learn how to love themselves unconditionally.

MATERIALS AND METHODS: Based primarily on divine inspiration, personal life experiences, ongoing work with marginalized and disenfranchised youth, as well as, the 25+ years of mentoring/coaching teens and women between the ages of 12-75. The 5-Step Self-Love Plan, a method created by Dr. Donna Lindsay, provides guidance to individuals seeking to embark upon their self-love journey.

RESULTS: Experience has shown that when individuals employ the 5-Step Self-Love Plan they discover things about themselves that have been suppressed, unaddressed, avoided, or unidentified. Oftentimes, the breakthroughs have led individuals to become reacquainted with themselves, address things once avoided, and to foster a greater appreciation and love for self.

CONCLUSIONS: When individuals take the time

EMBARKING ON THE TRANSFORMATIVE JOURNEY OF SELF-LOVE

Dr. Donna Lindsay

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to do the work that the self-love journey requires, they reap the benefits of greater peace, joy, and love. As a result, their ability to relate to others, extend grace, and love without condition is improved tremendously. These same individuals are now readily available to love their neighbor as they love themselves.

KEYWORDS: Self-love; self-love strategist; self-love enthusiast; women's empowerment; improved relationships; unconditional love; overcomer; liberation; investing in yourself; self-esteem; positive thoughts; treat yourself; transformation; self-compassion

Biography

Dr. Donna Lindsay, certified professional coach, author, speaker, founder and CEO of Donna Lindsay Coaching & Consulting, LLC., is nationally and internationally known as the Self-Love Strategist. For the last 15 years, she has instrumentally engaged individuals, groups, and organizations in empowerment sessions using principles of love to enhance their overall performance in all areas of their lives. Dr. Lindsay's strategic approach to individual empowerment, group coaching, and organizational restoration have positioned her to become pursued as a coach, consultant, and speaker.

As a thought leader around self-love, Dr. Donna Lindsay believes that a person's ability to love themselves without condition impacts how they relate to others. Her work as a Self-Love Strategist was birthed out of her many go her own inspiring and educating life experiences. Dr. Lindsay is the creator of the Love Me First Masterclass, which assists individuals in identifying barriers to their self-love journey, releasing toxic people, thoughts, and situations, and learning how to love themselves unconditionally and unapologetically. Her iconic Leading in Love: Heart Driven Leadership Workshop creates a safe space for leaders and their teams to acknowledge thoughts and recognize actions that hinder organizational growth. By igniting self-awareness, teams can overcome challenges by engaging in transformative conversations that ultimately lead to positive, productive, and loving environments.

Dr. Lindsay has authored four books, including Self-Love: A Journey Not a Destination and her recent release Leading in Love. She holds multiple degrees, including a doctorate in pastoral psychology from Maranatha Christian College and University. Dr. Donna Lindsay enjoys traveling, training, serving in her community, and most importantly spending time with her family, as she thoroughly enjoys being a wife, mother, and grandmother.