

**21<sup>st</sup> CENTURY WOMEN'S  
ENTREPRENEURSHIP, LEADERSHIP,  
POSITIVE PSYCHOLOGY & MENTAL  
HEALTH SUMMIT**  
(EDITION 7)

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

Accept it. Let's use the wisdom. After all have been around for a while and have some decades of life experience in us, don't we?

What is it that you could let go of about yourself today that will improve the quality of your life?

And I'm not standing today here in front of you because I know it all and therefore I wrote 2 award-winning books! If anything, I'm just sharing my learnings and how peeling the onion exercise, literally daily, helped me to write a book in a foreign language in 3 days! And how at age 40 I decided to take up snowboarding and soon will become a qualified snowboarding instructor

I'm not here to brag about me but to motivate you, show you that you and your lies are the only limitations to your personal potential so when you go with the acceptance,

because fighting is no longer needed, because you feel at peace with yourself and can live with or without it, you can achieve ANYTHING

So what will you accept? What can you accept?

Thank you for your attendance and active participation

I wish you a lot of success with your daily acceptance letting go of what doesn't serve you

if you have any questions or would like to get a signed book from me, I'll be here for a little while, Thank you again

### **Biography**

Aneta Grabiec, MA, psychologist, nutritional therapist, Hormonal Wellbeing Expert, Award-winning author of: Shortcut To Your Fertility, acknowledged by the Royal Family for How To Be Good Enough, seen on BBC, mentioned in Forbes and NYC Journal. Public speaker (available on demand), hosted on countless podcasts and interviews, authored many wellbeing programs and articles, Aneta works with individuals and couples on their emotional, physical wellbeing and fertility. Aneta Grabiec is the mentor female entrepreneurs.