



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

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Women are some of the most powerful beings on this Earth. As women, we want to do it all because we have been told that we couldn't for so long. We want to be superheroes. Expecting women to show they 'can do anything' has come with some costs. As we empower ourselves to identify issues, set boundaries that will support our goals, personally and professionally, and encourage each other, we as women, will be the true superheroes of our lives. We have the knowledge, the skills and know the path forward; we can do this.

So, are you ready to branch out? To take a leap of faith? To love yourself and others fully? To let go of whatever no longer serves you? Then listen to this presentation carefully. My goal is to help you grow into a new season of your life; to stop assuming that the grass is greener on the other side. To energize and excite you to power up your passionate dream that sets your soul on fire. By the end I hope I have equipped, empowered, and enlightened you so you can be yourself, for yourself. Get ready to build powerful and intentional roots to live it up, love it up and let it go!

### Biography

Erica Gifford Mills is an international empowerment coach, international speaker, award-winning author, podcast host and a breast cancer survivor. Recognized by Apple and Google News as Top 10 Coaches of 2023, Erica is the founder of Balanced Symmetree, created to help busy women open their hearts, let go of their pasts, and find their passions to build and grow rooted lives. Erica's speaking engagements, books, and podcasts include topics such as leadership, finding and creating balance, living one's passion on purpose, accepting change and handling transition, and women's empowerment. Erica believes each woman should be heard and always live it up, love it up and let it go.

## THE ROOTED LIFE: LOVE, LOVE, LET GO!

### Erica Gifford Mills

Balanced Symmetree; International Empowerment Coach, Speaker, Author, Talk Radio Host, USA