



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

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

In today's fast-paced world, the importance of holistic approaches to personal empowerment and healing cannot be overstated. This presentation explores the profound synergy between the power of words—specifically empowering lyrics—and intuitive movements as a transformative method for personal growth and emotional healing. Words hold an intrinsic ability to influence our thoughts, feelings, and actions. Empowering lyrics can inspire individuals, fostering a sense of motivation and resilience. When combined with intuitive movement, this verbal empowerment takes on a new dimension, allowing individuals to physically express and release emotions, facilitating a deeper connection to their true selves. Intuitive movement encourages participants to tune into their bodies, promoting awareness and mindfulness, which are essential for emotional healing. This session will guide attendees through a unique experience that harnesses the dynamic interplay between uplifting lyrics and expressive movement. By engaging in this practice, participants will discover how to transmute stagnant energy and old emotional patterns into empowerment and vitality. Through practical exercises and reflective dialogue, attendees will learn to embrace their authenticity, unlock their potential, and cultivate a deeper understanding of their emotional landscapes. Ultimately, this approach not only uplifts and motivates individuals but also fosters a community of support and connection, inspiring participants to carry these insights into their daily lives. Join me in this transformative journey where the synergy of words and movement unlocks pathways to healing, empowerment, and self-expression.

### Biography

Shel Marie is a passionate Empowerment Coach and Motivational Speaker dedicated to uplifting and inspiring positive change in people's lives. By combining the transformative power of words with intuitive movement, she offers a holistic approach to personal development, guiding individuals to align with their true selves and unlock their full potential.

## THE TRANSFORMATIVE POWER OF WORDS AND INTUITIVE MOVEMENT

### Shel Marie

Passionate Empowerment Coach, Motivational Speaker, UK

With over 11 years of experience as an international educator, Shel Marie has empowered the younger generation to express themselves through the Creative Arts in diverse locations, including Dubai and Peru. Her engaging speaking style leaves audiences ready to take action toward their personal and professional goals