



ERIKA ROTHENBERGER

PUBLISHED AUTHOR | TEDX PRESENTER | PODCASTER | WELLNESS ENTREPRENEUR

AUDACITY TO BE RESILIENT

Thriving Through Challenges and Change

Adaptability

Quickly adapt to changes and challenges, maintaining productivity even in turbulent times.

Problem-Solving

Approach setbacks as opportunities for growth, fostering creativity and innovation.

Emotional Regulation

Manage emotions effectively for better decision-making and performance under pressure.



AUDIENCE WILL LEARN HOW TO:

- ✓ **Embrace Boldness**
Tips for taking risks, overcoming fear, and embracing failure.
- ✓ **Develop a Growth Mindset**
Cultivate a growth mindset and build a supportive network.
- ✓ **Set Clear Goals**
Practical tips for setting clear goals and finding meaning and purpose in work.

CONNECT WITH ERIKA:

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WHY ERIKA?

Erika Rothenberger, a seasoned corporate professional, global wellness leader, podcaster, and published author, is on a mission to guide audiences toward the life they aspire to live. Her expertise provides actionable steps to embrace resilience and reach the next level, starting with the courage to take the first step.

BOOK ERIKA

Erika is available for speaking engagements. Her talk on "[The Audacity to Be Resilient](#)" will inspire, motivate, and provide a fresh perspective for your audience.

AS SEEN IN



SafetyCulture

