

### PUBLISHED AUTHOR | TEDX PRESENTER | PODCASTER | WELLNESS ENTREPRENEUR

#### AUDACITY TO HAVE IT ALL

### Embrace the Messiness on the Journey to Success

#### Move Past Limitations

Successfully move past the limitations set by society and define your personal vision for success.

### **Empowerment**

Work through limiting beliefs and feel empowered to hit your own "next level."

### No Regrets Mentality

Walk forward into your life with a "no regrets" mentality, welcoming all the detours and U-turns along the way.

# **AUDIENCE WILL LEARN HOW TO:**

# **Balance Career and Family**

Understand how you can "have it all" with ease. moving away from beliefs that limit us.

# ✓ Reject Societal Norms

Dare to define success on your own terms. rejecting the limitations society imposes.

# Pursue Dreams with Audacity

With determination, resilience, and a dash of audacity, pursue all your dreams while embracing the journey.

### **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 and experience provide actionable steps to embrace your next level, starting with the courage to take the first step.

### **BOOK ERIKA**

Erika Rothenberger is available for speaking engagements. Whether you are looking to inspire your team, motivate a group, or bring a fresh perspective to your event, Erika's talk on "The Audacity to Have It All" will leave a lasting impact.













