



# ERIKA ROTHENBERGER

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.

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## 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.

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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.

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## THE POWER OF MEANINGFUL CONNECTIONS

### Building Trust and Fostering Growth

#### Building Trust and Rapport

Meaningful connections foster trust between sales professionals and clients, boosting sales opportunities.

#### Improved Communication and Understanding

These connections enable better understanding of client needs, leading to higher conversion rates.

#### Collaboration and Teamwork

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



### AUDIENCE WILL LEARN HOW TO:

- ✓ **Build Strong Connections**  
Practical tips for building trust and rapport with clients and colleagues.
- ✓ **Enhance Communication**  
Techniques to better understand client needs and tailor solutions effectively.
- ✓ **Promote Teamwork**  
Strategies to foster collaboration and support within teams.

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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 harness the power of meaningful connections, driving growth and success.

## BOOK ERIKA

Erika is available for speaking engagements. Her talk on "The Power of Meaningful Connections" will inspire, motivate, and provide a fresh perspective for your audience.

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