

PEACE OVER PERFECT

Restoring Peace, Calm & Joy
in the Aftermath



We live in a time of high achievement. We're working long hours, have increased pressure to provide and perform and try to do everything "right." With this comes a lot of pressure put on ourselves, increased stress, debilitating anxiety and lack of joy. On the outside things can seem perfect, but on the inside, we can feel like we're falling short. So how do we restore that feeling of good enough?

In this talk, Erika shares simple practices to leave the perfectionism behind, maintain a healthy work performance, and invite you to reconnect to more peace, calm and joy in your everyday life. Now, you can focus on peace over perfect, and not just know you're good enough, but fully feel that you're good enough.

LENGTH OF TALKS AVAILABLE



Keynote
30- to 60- mins



Breakout
45- to 75- mins



Workshop
3- to 4- hours

WHAT WE'LL UNCOVER TOGETHER

- Uncover the 3 simple practices to restore peace, calm and joy
- Explore the difference between hard work and perfection
- Create an action plan to integrate these practices into everyday life

"Erika has a great way about herself. She brings people in and I love her authenticity. I think anybody who wants to be more in tune with themselves and they want to go to that next level will benefit from what Erika has to say."

- Sharon Shannon, Entrepreneur & Speaker