



ERIKA'S CURRENT KEYNOTE TOPICS INCLUDE

free from perfect

WE CURRENTLY LIVE IN A TIME AND SOCIETY WHERE PERFECTIONISM IS IDEALIZED AND REWARDED. WE HAVE BEEN TAUGHT THAT PERFORMING WELL AND WORKING HARD ARE IMPORTANT; BUT IS PERFECTION HEALTHY?

IN THIS PRESENTATION, ERIKA WILL SHARE WITH ATTENDEES:

- + 3 DIFFERENCES BETWEEN EXCELLENCE AND PERFECTION
- + REAL LIFE STORIES ABOUT PERFECTION RECOVERY AND IT'S IMPACT
- + HOW WE CAN OVERCOME PERFECTION USING ERIKA'S LAPS CYCLE OF PERFECTIONISM

about Erika

ERIKA SHEPARD, MSN, IS A HEALER, COACH, AND EMOTIONAL HEALTH EXPERT. SHE TEACHES PEOPLE HOW TO HEAL THEMSELVES SO THEY FEEL PEACE, CALM, AND JOY CONSISTENTLY IN THEIR EVERYDAY LIVES. SHE ALSO EDUCATES ON THE ON THE IMPORTANCE OF VALIDATING OUR EXPERIENCES AND EMOTIONS.

WITH A NATURAL GIFT OF CONNECTING TO PEOPLE THROUGH WARM, PERSONABLE, AND GENUINE DEMEANOR, ERIKA SPEAKS TO THE HEART OF AUDIENCES AND CLIENTS BY WAY OF CONTAGIOUS PASSION AND ENTHUSIASM. INSPIRATION, EMPOWERMENT, AND CONTEMPLATION HAVE BECOME COMMON REACTIONS TO HER ENGAGING PRESENTATIONS.

SHE RECIEVED HER BACHELOR'S DEGREE OF SCIENCE IN NURSING FROM ARIZONA STATE UNIVERSITY AND HER MASTER'S OF SCIENCE IN NURSING FROM GEORGETOWN UNIVERSITY, AND SPENT 8 YEARS WORKING IN CONVENTIONAL MEDICINE. ERIKA ADDITIONALLY HAS ADVANCED TRAINING FROM THE CENTER'S OF MIND BODY MEDICINE AND A THETA HEALING CERTIFICATION FROM THE THETA HEALING INSTITUTES OF KNOWLEDGE.

ERIKA NOW RUNS HER OWN REMOTE PRIVATE PRACTICE, Erika Shepard, AND IS LIVING HER BEST LIFE IN CHARLOTTE, NC.

mental wellbeing

AS THE FOUNDATION OF HEALTH

WE HEAR IT ALL THE TIME... EAT WELL, EXERCISE, GET ENOUGH SLEEP! WHILE ALL OF THESE ARE ABSOLUTELY VITAL, AN ABSOLUTELY NECESSARY PART OF HEALTH IS MENTAL WELLBEING.

IN THIS PRESENTATION, ERIKA WILL SHARE WITH ATTENDEES:

- + HOW MENTAL WELLBEING AFFECTS PHYSICAL HEALTH
- + WHAT CONSTITUTES MENTAL WELLBEING
- + 3 SLEPS TO TAKING BETTER CARE OF YOUR MENTAL/EMOTIONAL WELLBEING AND MAKING IT A PRIORITY.

navigating emotions

"STAY STRONG", "MAN UP", "NOT NOW", "I SHOULDN'T FEEL THIS WAY." THESE ARE ALL COMMON PHRASES MEN AND WOMEN TELL THEMSELVES IN REGARDS TO HOW WE THINK WE "SHOULD" DEAL WITH OUR EMOTIONS. HOWEVER, FEELING OUR EMOTIONS IS VITAL TO OUR PHYSICAL AND EMOTIONAL HEALTH.

IN THIS PRESENTATION, ERIKA WILL SHARE WITH ATTENDEES:

- + WHAT EMOTIONS REALLY ARE
- + HOW EMOTIONS IMPACT PHYSICAL HEALTH
- + 3 TIPS FOR HOW WE CAN UTILIZE OUR EMOTIONS IN HEALTHY AND PRODUCTIVE WAYS

TO BOOK ERIKA