

# THRIVING IN THE AFTERMATH

## Releasing the Pressure to Return to Normal to Step Into Your Most Potent Leadership

We live in a new world that operates differently than it ever has in human history.

We're working in new environments, trying to get back to work, finding work, and working under new rules and paradigms. With this comes a lot of pressure as leaders we put on ourselves to respond to these new norms, responding to all of the new needs of those we serve, increased stress, worrying, and also needing to care for ourselves. There can be so much pressure to return to normal and people looking to leaders for the answers. So how do we step into our most potent leadership yet while letting go of the pressure to return to normal?

In this talk, Erika shares simple practices to thrive in the aftermath of this global shift to step into your most potent leadership yet. Now you can release the pressure to return to normal, and truly step into your most potent leadership yet.

## 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 Erika's Nurturance Hygiene Practices
- Explore the facts of reality post 2020
- 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