

PEACE OVER PRESSURE

Restoring Relief in High-Pressure Work Environments



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 relief?

In this talk, Erika shares simple practices to navigate the pressure while maintaining a healthy work performance. Now you can focus on peace over pressure, acknowledge your hunger for more, and finally feel relief within yourself.

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 relief in a high-pressure environment
- 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