

## **Why self love is the win: Win to transform, lead and empower**

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### **Abstract**

**Everyone can empower, influence and call others to positive actions through the right growth mindset and communication strategies. This topic will further dive into the importance of self-love and self-confidence as a woman, understanding its value to manifest it into their business, and communicate it with the intention to achieve personal and professional goals. Tools and strategies will be shared to understand its importance and to do it with the intention to reach your goals. Attendees will learn (a) tools and strategies to empower self-love as a woman with a specific mindset and manifest it daily into your business and daily lives (b) understand your worth and do it with intention to reach your goals (c) calls of actions to implement daily to increase self-confidence and awareness to build impactful relationships, improve negotiations, and empower leadership for professional and personal success.**

### **Biography:**

Caryn Ross is an inspiring and motivating speaker/trainer coach with a straight-forward and open communication style which makes her unique. She's the CEO/Founder of Specta Bridge Solutions and a certified life coach who has demonstrated a track record of success in presentations and coaching on leadership mastery and impactful communication methodologies for

professionals and c-suite executives with a growth mindset approach. In one of her first positions as a manager with the Macy's executive training program, she developed her keen awareness in the partnership of clear communications with business results. It was here, she realized the importance of the human element to run a successful business with self- confidence, and empowerment.