



April
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The Thing You Can't See *Is Running Your Life*

A talk about the invisible belief system driving every decision you make, and what happens when you finally look at it directly.

"You cannot outperform a wound you haven't looked at."

Most high-achieving women know something is off. They have done the work. The therapy, the books, the retreats. And still something is not clicking. This talk names what most people spend decades circling: the survival strategy that kept them alive is the same thing keeping them stuck. They cannot see it because it feels like them.

WHAT THE AUDIENCE WALKS AWAY WITH

- ✓ A name for the thing they have been feeling but could not articulate
- ✓ Understanding that hyper-independence is a trauma response, not a personality trait
- ✓ The difference between a belief and a fact, and how to tell which one is running the show
- ✓ Permission to stop performing "fine"
- ✓ The understanding that the work is not a finish line. It is a practice.

THE SPINE OF THE TALK

The strategies that kept you alive are the same ones keeping you stuck. You cannot see them because they feel like you.

THIS TALK IS FOR

Women's summits | Leadership conferences | Wellness events
Women in business | Survivor and healing spaces



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