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Topics

- Self-Accountability Empowers Change
- Mindfulness is a Gateway to Resilience
- Letting Go Creates Freedom:

A Winner's Guide to Accountability

In a world overwhelmed by stress, division, and self-doubt, we must learn to reclaim our power by cultivating mindfulness and self-accountability. My journey—spanning adoption from Haiti, battles with social anxiety, and moments of profound transformation—offers a deeply human perspective on overcoming adversity.

Through my experiences, I demonstrate how embracing mindfulness enables us to rise above fear, rejection, and negativity, to forge a path of resilience and joy.

This talk isn't just about my story; it's a shared journey toward discovering how mindfulness can help us find purpose, unlock inner strength, and connect deeply with ourselves and others.

Attendees will leave inspired to foster genuine connections, shed the burdens of societal expectations, and adopt a growth-oriented mindset. Together, we will explore practices that liberate the mind and empower the spirit—essential tools for thriving in an unpredictable world.

This conversation has the potential to reshape how communities approach mental wellness, fostering an environment where self-awareness and shared accountability thrive.

How can adopting a mindset of self-accountability and mindfulness transform your daily interactions and choices?

What steps will you take today to release negative patterns and foster a more intentional, joyful life?

Invite me to share this transformative message with your community, and together, we'll uncover the joy and resilience that come from living mindfully and embracing our true potential

