



21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP

ANNUAL CONFERENCE

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Embrace a mindful approach and propel yourself towards your successful and fulfilled future self. You owe it to yourself to break free from the cycle of unrealized goals and unfulfilled achievements. Too often, we become consumed by one singular goal or focus on one area and neglect the other important aspects of our lives. We miss out on quality time with family, abandon our hobbies and interests, and distance ourselves from our friends and partners. But it doesn't have to be this way. You don't have to sacrifice your well-being and happiness in pursuit of your goals. Instead, shift your focus towards a more mindful approach and become the best version of yourself. Vimi, a seasoned entrepreneur and mindfulness advocate, understands the importance of a growth mindset. She has shared valuable tools to help individuals break through their mental barriers and achieve success both personally and professionally. In her book, *Pause. Focus. Thrive.*, she shares powerful strategies that will help you overcome obstacles and unlock your limitless potential. By embracing mindfulness, you can achieve balance in all aspects of your life and celebrate your accomplishments with those who matter most. So go ahead, start your shift towards mindful growth today. Your future self will thank you for it.

Biography

Vimi Seeramsingh is a #1 International Bestselling Author, 2022-2023 Marquis Who's Who in America Listee, Speaker, Holistic Business Coach, Personal Development Strategist and the Founder of Saphalta Services Global, LLC. A company dedicated to helping not just businesses but entrepreneurs and professionals achieve success where they serve.

Vimi spent most of her time in Trinidad and Tobago and developed an early passion for business and entrepreneurship. She earned a Bachelor of Science in Management Studies from the University of the West Indies and a Masters of Business Administration from Heriot Watt University's Edinburgh Business School and has worked various corporate roles with leading Caribbean Brands.

In 2013, Vimi decided to further pursue her entrepreneurial dreams by founding her second

BALANCE IS NOT AN OPPOSITION

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Pause Focus Thrive

Time won't wait, make the shift. Are you going to Thrive?

business Saphalta Business Services which she renamed Saphalta Services Global, LLC when she moved to the United States. With her passion for helping others succeed, she quickly gained a reputation as a talented coach and consultant, and has since helped many individuals and businesses to get to their Next Level from a mindful and holistic perspective.

Her first book *Pause Focus Thrive: Smart Strategies for Meaningful Growth* is designed to support her mission of encouraging leaders to Master Mindful Growth. Scan the code below to see her latest offers.