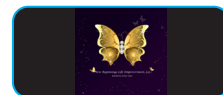




WEL AMERICA 2024

3rd MILLENNIUM WOMEN'S ENTREPRENEURSHIP, LEADERSHIP, MANAGEMENT POSITIVE PSYCHOLOGY, MENTAL HEALTH CONFERENCE (EDITION 4)

MAY 03-04, 2024 | Holiday Inn Mississauga Toronto West,
Mississauga, ON, Canada



Growing up with a mother who had a Mental Health Illness was very painful for me and caused me to battle a lot of emotional traumas. My mother had bipolar disorder most of her life. We knew something was different about her, but we didn't have a name for it then and had never heard of bipolar disorder. She had suffered traumas that she never dealt with and was too ashamed to speak of, including raising eight children on her own with very little to no resource.

My mother was culturally taught to not talk about your pain, but just to move on and pretend it never happened, no matter how traumatic it was. This led to her falling into chronic depression, which led to her becoming mentally and emotionally unstable. She was mentally, emotionally, verbally, and physically abusive to her children.

I carried anger and rage for a very long time. Because of this, I experienced depression as a child and as a young adult, I also had suicidal thoughts and feelings of anxieties. I didn't have anyone to speak with about what I was going through, and about my feelings, so I submerged them, and they were manifested in different ways. It wasn't until in my late 20's that I began to share my childhood traumas with my friends at the time, that's when I noticed my healing began. I didn't want to become like my mother, so I made the choice to stop the cycle and go back to the "root cause" of my pain, by talking about the cause of my pain so I can be healed. My mom became my inspiration for Emotional Healing.

Biography

The thing that made me feel like I had no purpose, is the very thing that led me to this purpose. Life has Empowered me, to Empower others. I am the owner of New Beginnings Life Empowerment, LLC, which is a Transitional Life Empowerment Company founded in 2013 Brooklyn, NY. I emotionally connect with individuals to help them acknowledge their emotions and what the individual emotionally struggles with to help them resolve their emotions and to bring you to a place to execute a plan on how to deal with or resolve your emotions and life experience to bring revelation.

"ROOT OF CAUSE" MENTAL AND EMOTIONAL HEALTH

Aretha Taylor

Founder, CEO, President

New Beginnings Outreach Program For Women, Inc, USA