



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



In today's fast-paced and ever-changing business landscape, female entrepreneurs face unique challenges that require a resilient mindset and unwavering inner strength. As a Wellbeing Mindset Coach, I've had the privilege of working with countless women who have embraced these challenges head-on and emerged stronger, more empowered, and more successful than ever before. In this engaging and insightful talk, I will delve into the principles of resilience and inner strength, exploring how female entrepreneurs can harness these qualities to overcome obstacles, navigate setbacks, and thrive in both their personal and professional lives. Drawing upon real-life examples, research-backed strategies, and personal anecdotes, I will provide practical tools and techniques to help women cultivate resilience, build confidence, and unlock their full potential as entrepreneurs. From reframing failure as a stepping stone to success to embracing vulnerability as a source of strength, attendees will gain valuable insights into the mindset shifts and habits that are essential for success in today's competitive business world. Whether you're a seasoned entrepreneur or just starting out on your journey, this talk will leave you feeling inspired, empowered, and ready to unleash your full potential. Join me as we embark on a transformative journey to discover the power of resilience and inner strength for female entrepreneurs. Together, we'll uncover the keys to overcoming challenges, achieving greatness, and creating a life and business you love.

Biography

As a Wellbeing Mindset Coach, Amanda DaCosta works with women to set up the conditions for their inevitable success. As a seasoned professional, Amanda works to create and implement transformations.

"Having grown up with an alcoholic father and feeling invisible, I know the greatest challenge is believing in your own ability to create change and sustain growth."

At the heart of her coaching philosophy lies a commitment to fostering positive change in the lives of women. She approaches her coaching with unwavering non-judgmental support, creating a safe and nurturing space for personal growth.

UNLEASHING RESILIENCE: CULTIVATING STRENGTH FOR FEMALE ENTREPRENEURS

Amanda DaCosta

Amanda-DaCosta.com, Canada

While teaching the power of a strong mindset she encourages taking actions in the face of uncertainty and focusing on progress over perfection.

"I firmly believe that no matter how unhealthy or counterproductive a situation may seem, it is within our power to transform it. Even in the context of your busy life, progress is always possible."

Amanda's coach programs are designed to sustain your focus, adhere to a plan, and discover the means to manifest the results you desire. You learn that action can precede a shift in mindset. The way we think and the way we act are equally significant in our success.

Amanda is a certified health and life coach with 15 years of experience in the mental health and addictions sector and twenty years experience in the fitness industry. She has served on various volunteer boards in the not-for-profit sector.