



WEL AMERICA 2024

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

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Mississauga, ON, Canada

Self-discovery is a continuous process that requires intentional effort and dedication. It involves understanding your values, strengths, weaknesses, and goals to create a roadmap for success. I launched Heart to heart coaching from the framework of those characteristics and my Scholarly Research. The journey begins with understanding the importance of Faith and Self-efficacy; how our faith influences our self-efficacy leading us to achieving our goals.

Achieving our goals often involves more than just setting targets and creating plans. Two critical factors that can significantly impact our ability to reach our goals are faith and self-efficacy. Both psychological concepts are powerful motivators that can drive us to overcome obstacles and reach our aspirations. Understanding Faith is a deeply personal and often spiritual concept. It encompasses a strong belief or trust in something that is of greater purpose. This presentation "will illustrate how Transformation takes place, When Informed: Then I will show you 5 Proven Facts from Challenges to Opportunities."

Having faith in your capabilities is a fundamental aspect of goal achievement. This self-belief helps you stay committed to your goals, even in the face of setbacks. When you have faith in yourself, you are more likely to persevere through challenges and maintain a positive attitude. Faith in the Process: Faith also involves trusting God in the process or the steps you've outlined to reach your goals. This trust can help you stay patient and focused, even when progress seems slow. I'm all about mental wellness, empowering, and self-love from the perspective of what makes young girls and super moms feel good during the process of personal growth. I started the company because I wanted to talk about what I loved with other women who were feeling the same pressures and concerns. By the end of this presentation, you will have gained Clarity, Confidence, Discipline, Resilience and tools to sustain accountability are necessary to pave a path and create a life worth living and a business worth having and a journey worth.

WOMEN TRANSFORM, WHEN INFORMED: 5 PROVEN FACTS FROM CHALLENGES TO OPPORTUNITIES

Dr. Varil D. Williams

Heart to Heart Coaching, USA

Biography

Dr. Varil D. Williams is the CEO of Heart-to-Heart Coaching, VJW Hiring Staffing Agency, Co-Pastor, Organizational Psychologist (Certified Image Consultant), speaker, author/co-author of several anthology & personal book: The Ingredients for Absolute Results: No# 1 author & Best Seller of International Women of Color Boss up Book project. Dr. V was recently a guest speaker For WYN Conferences Women Wins Summit (March 8-9, 2023) In Paris, France. She was also awarded a certificate in recognition for Outstanding contribution and Experiences as a Speaker. Other appearances include podcast and radio stations, the Love & Victory show with Val (W.O.W show, host China Meyers; Grade A Radio with Fyt Tj and DABANG radio etc.), panels. Civic & Social membership includes Color of Change & Texas Grassroots Law Project, Red Cross Volunteer (Pillow Talk Project: Prevention & Safety training for natural disasters). She (professor of Academia) teaches Sociology, Human Development & Psychology online courses for 3 Colleges. Varil received her Doctor of Philosophy. Master's degree in counseling bachelor's degree in social work. She received greater success accepting the calling of Ordained Minister & co-Pastor serving with Husband Pastor (John) of Heart-to-Heart Ministry International Inc.