



THE 2025 NEXT GEN WOMEN'S LEADERSHIP, ENTREPRENEURSHIP, POSITIVE PSYCHOLOGY, SPIRITUAL LEADERSHIP CONFERENCE

MAY 02, 2025 | VIRTUAL CONFERENCE

Midlife is often perceived as a time of crisis, filled with uncertainty, self-doubt, and overwhelming changes in health, emotions, and identity. But what if midlife wasn't a crisis at all? What if it was an opportunity for transformation?

In this empowering session, we will explore the Crisis-to-Confidence Framework, a three-step approach—Awareness, Acceptance, and Action—designed to help women navigate midlife with clarity and purpose. You'll discover practical strategies to overcome stress, manage hormonal shifts, improve sleep, and reframe limiting beliefs that may be holding you back.

Through guided exercises, expert insights, and actionable takeaways, you'll learn how to regain confidence, boost resilience, and step into a more fulfilled, energized version of yourself. Whether you're struggling with self-doubt, navigating life transitions, or simply looking for a roadmap to a healthier and more balanced midlife, this session will equip you with the tools to turn chaos into confidence.

Join us and take the first step toward redefining midlife on your terms!

Biography

Dilyana Mileva is a menopause coach, holistic practitioner, and founder of the Menopause Support Academy, dedicated to helping women thrive during midlife transitions. Combining expertise in sleep, breathwork, and natural hormone balancing, Dilyana empowers women to overcome challenges like brain fog, mood swings, and disrupted sleep, enabling them to regain their vitality and confidence. Her personal journey through burnout and transformation inspires her mission to reframe menopause as a time of empowerment and growth. As a speaker, author, and advocate, Dilyana guides women to embrace this stage of life as a gateway to renewed health and

FROM CRISIS TO CONFIDENCE – A ROADMAP TO MIDLIFE TRANSFORMATION

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purpose.