



REVEAL  
EMPOWER  
TRANSFORM



## KEYNOTE, SEMINARS, & WORKSHOPS

Overcoming Superwoman  
Syndrome

Becoming Whole Again :  
Strategies to Heal From  
Past Hurts

Take the Lid Off:  
Removing Limitations to  
Get the Life You Want

Integrating Faith and  
Mental Health to Optimize  
Your Emotional Wellness

Let's Take a Selfie: The  
3 S's to the Confident  
Woman

Erica is an engaging and dynamic speaker who connects with her audience through relatable stories and experiences. Using humor and transparency, Erica provides valuable insight, proven strategies to success, and lots of "aha" moments to the audience.

Erica helps audience members CLAIM THEIR RIGHTS! ...Rights to be free and whole, rights to be connected and confident, and rights to be mentally and emotionally healthy. Each presentation is designed to assist you in developing an empowered mindset and a clear vision to live out your professional and personal dreams. Erica provides clear guidance and action steps to assist you in removing fear and self-limitations so that you can strive toward the achievement of your purpose and your goals.

*"My goal is help you to let your light shine so you can, in turn, have a positive impact on the people that you encounter."*



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This workshop was inspiring and gave detailed instructions for reaching your goals, big or small. The workshop was engaging and memorable. I'll definitely return for the Series.

TK

The event was awesome!!!! Very uplifting, fun and relaxing. Erica is a wonderful speaker!! Everything was so natural about the day...the Spirit led and had its way!! I loved every minute of it and just felt PEACEFUL! Thank you so much Erica.....you blessed me and truly are a blessing to others! Rachel W.

This workshop really empowered me to "Take the lid off!" I went back to work that Monday and felt the lid fly off as I walked through the door. I can't limit myself anymore! It's a scary feeling but looking at my vision board every morning reminds me of my inner drive and passion to try new things and to do my absolute best. THANK YOU!! Ellen L.

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Erica N. Reed, LCSW-C is a Licensed Therapist in private practice. Her 20+ years of post graduate school experience includes working as a Clinic Director, Expert Court Witness, Speaker, Trainer, and Psychotherapist. Taking her clinical expertise to the classroom, Erica is also an Adjunct Professor at Catholic University and Bowie State University.

With a strong desire to empower women, Erica has developed **STEP (Striving Toward Empowerment and Purpose)**. Recent STEP events

include a Vision Board Workshop and a Women's Conference.



Her book, **7 STEPS to Clarify Your Vision**, provides valuable information and detailed worksheets to develop a Personal Vision Statement.

**Clients Include:**



240-601-7307

ERICANREED.COM

info@ERICANREED.COM

**Book Erica Today!**