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Keynote Title: “Unstoppable Women”

Choosing yourself in a world that rarely pauses — and rediscovering the joy, strength, and authenticity that’s been within you all along.

Abstract:

“Unstoppable Women” is a powerful keynote for women who feel like they’ve given everything to everyone — and are ready to take their lives back. Through the lens of her own bold six-month sabbatical from the roles of wife, mother, daughter, and caregiver, Liliane shares how turning inward became the most courageous act of her life.

This talk speaks to the woman who’s tired of being strong all the time, who feels unseen, unheard, and unsure of who she is anymore. With compassion and clarity, Liliane offers a path to rediscover joy, peace of mind, and the power that’s been within all along.

By the end of our time together, you’ll feel inspired to lead yourself from within, embrace your truth, and live a life that’s fully, unapologetically yours.

“...Liliane’s story gave me permission to pause — and reminded me that I’m allowed to choose myself.”

– Michelle R., *Entrepreneur*

“...I didn’t realize how much I needed this until I heard her speak. I left feeling lighter, clearer, and more connected to myself.”

– Tanya B., *Community Leader*

Learning objectives:

- **Uncover** the 3 biggest limiting beliefs that keep women over-functioning, people-pleasing, and disconnected from their true selves.
- **Discover** 3 powerful steps to reconnect with your inner wisdom and joy - so you can live and lead from a place that feels fully your own.
- **Learn the #1 reason** women feel stuck in exhaustion and self-doubt - and the mindset shift that opens the door to freedom, clarity, and possibility.

References:

Jolene Fadyshen - Lakehead Operating Room Nurses Association - Thunder Bay Regional Health Sciences:

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James Voulakos - Centre for Business, GEORGE BROWN COLLEGE - jvoulakos@georgebrown.ca