

WFWP USA: What to Expect - GWPN Health and Healing Forum

Angelika Selle
June 25, 2021

Women's Leadership in Reconciliation & Peacemaking *"Health and Healing"*



SPEAKER

Terri Liggins

is the Founder of the The Law of Raw Institute for Balanced Healthy Living, and Founder of the Literary Front, a writing and publishing company. In 2012, after years of searching for relief from sarcoidosis, Terri was introduced to a raw food lifestyle, which relieved her of all sarcoidosis symptoms. As a health advocate, Terri guides many individuals to a healthier lifestyle. She is the author of *Get Your RAW On*, and is working on an upcoming book called *Thriving Before Dying*.



SPEAKER

Miyuki Pollmann

is the Founder of Energy in Harmony, and is a Certified Practitioner of Eden Energy Medicine, BodyTalk and Flower Essence. She learned that physical, mental and emotional issues start with an imbalance of body energy. Balancing the energy brings balance to all levels with body health issues. She teaches Energy Care as self care to calm stress and anxiety, and helps others feel safe and peaceful.



SPEAKER

Joni Rae

is the Founder and CEO of The Mindset Group, Executive Mindset Coach, Organizational Change Expert with 16+ years serving global executives and small business owners. Joni is also an advocate and passionate about mentoring women in leadership skills and living lives they love through personal growth. Joni has been featured on CBS, Cheddar News, as well as podcasts and radio shows around the world.



MODERATOR:

Angelika Selle

is the Women's Federation for World Peace USA President, and Global Women's Peace Network USA National Chair. Her passion is to empower women and men of all ages, races and religions in peacebuilding based on Leadership of the Heart. She is an educator, motivational speaker, writer and Ambassador for Peace.

June 28, 8PM EDT

Register: tinyurl.com/GWPN-Health-Healing

Presented by the Global Women's Peace Network USA



Expect to Discover...

When Later Becomes Now, is not the time to ask How

Panelist Terri Liggins will give a presentation called ***“Healthy People - When “Later Becomes Now” is not the time to ask How.”*** She will share about the serious health warning signs she experienced and witnessed, and her journey to a raw lifestyle which allowed her to overcome a debilitating auto-immune disease. Considering the prevalence of many preventable diseases, Ms. Liggins will detail ways that we can keep ourselves healthy long-term.

Chi is the Key: Calming Stress and Anxiety

Panelist Miyuki Pollmann will be giving a presentation and exercise on ***“Calming Stress and Anxiety.”*** She will share about how physical, mental, and emotional issues start with an imbalance of body energy, and how balancing our energy brings healing to all levels in the body. Find out about Energy Care as self-care to experience feeling safe and peaceful.

Ways to Create Flow and Freedom

Panelist Joni Rae will give an interactive workshop-style presentation, in order to ***“Go from Overwhelm and Stress to Flow and Freedom.”*** She will be guiding a visualization of the future version of ourselves, to determine new actions that can be applied in our lives right away. This session will encourage participants to be the leaders they are meant to be, starting with healing emotionally.

[Register Here](#)

Women's Federation for World Peace USA

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