

Erika Lea ROTHENBERGER

PUBLISHED AUTHOR • TEDX PRESENTER
PODCASTER - "GRIT, GRACE & GLITZ"
WELLNESS ENTREPRENEUR

Book Erika

Rothenberger is a seasoned corporate professional, global wellness leader, and published author on a mission to guide audiences toward the life they aspire to live.

Cultivate a Unlimited Mindset: Learn practical steps to focus on what you have rather than your lack.

Become Laser-Focused: Gain self-awareness and self-improvement tactics to become your best self.

Break Limited Beliefs: Identify limiting beliefs holding you back and unlock your full potential.

Breaking Barriers: Recieve actionable tips to overcome challenges and turn them into success.

Establish 5 Daily Habits: Explore habits that elevate your mindset and take you to the next level.

Shift from
scarcity to abundance!

As Featured By:



Dive into abundance!

er
ERIKA ROTHENBERGER
GRIT, GRACE & GLITZ



@erikarothenberg



@erika.rymsha



@eriklearothenberg