

YES YOU CAN

BELIEVE. TAKE ACTION. ACHIEVE.



DR Stem Be Encouraged

Inspiring Individuals and Organizations to Build a Winning Mindset, Transform Challenges into Personal Growth and Opportunity.

DrStem's BIO

She has been dubbed “LIFE PLUS” because of her bountiful energy and ability to uplift and transform every audience she speaks to. She is a mental professional, life, career, and business coach whose focus is on helping destress and develop a success and winning mindset. After realizing tremendous success as a private practice mental health professional for over 20 years, DrStem took her talents and experience to center stage and became a motivational speaker and Corporate Trainer. Her transformational messages give organizations the ability to decrease excuses, increase results, and break through self-imposed limitations. Her remarkable life stories are powerful examples that “Challenges are Predictable; Giving Up is Not An Option.”

DrStem's achievements include:

- host of the weekly Show and Podcast “The DrStem Show” an Inspirational, Motivational and Encouragement Show,” which can be seen worldwide on YouTube and every podcast platform.
- President, Founder and CEO of The Empowerment Academy and The empowerment Academy For Women, an online platform focused on Personal and professional Development, Success Mindset, Mindful Living and Mental Health Wellness.
- Founder of The Annual Bounce Back Empowerment conference
- Prolific Author of over 30 Empowerment and Inspirational Books, Ebooks and Digital Programs

Her Most Popular Books which include:

- Unstoppable – Living a Free and Fearless life, Thriving Beyond The Tears-Bruised But Never Broken

- Managing Stress-Simple Solutions to Start Living a Stress Less Life
- Finding Life Balance -The Complete Guide to Managing Work and Life
help readers embrace change, improve mindset and achieve breakthrough performance...