

## WENDY STERLING

DIVORCE RECOVERY COACH  
& LIFE TRANSITION SPECIALIST  
SPEAKER, AUTHOR



AWAKENING WOMEN WHO ARE STUCK AND IN PAIN TO REDISCOVER  
THEIR IDENTITY AND USE THEIR VOICE POWERFULLY TO FEEL  
JOY, FREEDOM AND SELF WORTH

AS SEEN ON



Medium

THRIVE



GLOBAL

hello divorce.



Light  
HOUSE

"You truly supported me with what I needed to shift my relationship with my ex husband and to truly be accountable. I will forever be grateful."

CRYSTAL BLANCHETTE, CELEBRITY CHEF AND MOM OF 2

As one of the worlds top and in demand Divorce expert Wendy helps women who are having trouble moving forward and tired of feeling stuck, pain, fear, resentment, anger and guilt to find joy, self-worth and freedom as a result of various life transitions by guiding them through her 5-Step Divorce Rehab Proprietary Program to push them forward in creating a confident life full of joy, peace forgiveness and acceptance.

Wendy is a Certified Professional Co-Active Life Coach (CPCC), a Certified Divorce Specialist (CDS), an Advanced ThetaHealer and the host of The Divorced Woman's Guide Podcast. She is a speaker, an author as well a guest writer on Medium, Hello Divorce and The Divorced Girl Smiling.

Whether speaking in front of virtual audiences or on stages speaking to entrepreneurs, business executives, legal professionals, or financial experts, Wendy's bold, tough loving approach and ability to awaken her audience's senses to start living their best life is unparalleled. Her mission to change the conversation around life transitions from shame to empowerment has impacted lives around the world.

## SIGNATURE TALKS

### Self Care Mistakes You Don't Know You Are Making... And How Simple and Easy It Gets To Be

Self-care isn't optional, a luxury or something you put last on your to-do list - it is a necessity for your mental, emotional and physical health. It helps you feel healthier, happier and connected to healing your relationship with yourself. In this talk we will walk through Self Care Mistakes You Don't Know You Are Making and you will learn how simple and easy it gets to be for you.

#### Attendees will learn how to:

- How to dissect their personal definition of self care so they can stop making seem so hard
- What happens when you do not create time for self-care – and who else it impacts
- How self-worth can increase with the smallest of shifts and how they can make those shifts almost immediately

### Taking Charge and Unapologetically Setting Healthy Boundaries In All Areas of Your Life

Why do we give our power away so easily and think we will push others away if we create a boundary? Learn how to become a boundary setting badass by standing in your power unapologetically and confidently, while commanding respect and love.

#### Attendees will learn how to:

- 7 Boundary Setting Mistakes They Don't Even Know they Are Making
- The easiest boundary you can create today in all areas of your life with using just one word
- How and why boundaries improve your quality of life and health and how to make some of those shifts almost immediately

To Book Wendy dir: (310) 283-5053 e: [wendy@wendysterling.net](mailto:wendy@wendysterling.net) [www.wendysterling.net](http://www.wendysterling.net)



# WHY HIRE WENDY?

**Wendy is extremely easy-going and always achieves two main goals:**

Supports YOU the event coordinator so that you shine.

Gives your attendees a powerful and memorable experience they will soon never forget

With her bold presence, personalized touch and interactive style, she moves her audience into immediate action and shows any; "ready to get unstuck" individual how to become the powerful badass they know they are.

"Wendy and I worked together to breakdown my fears and prioritize how to tackle each one. She has helped me see my self worth and I am taking control of my life and this process. I have a long road ahead of me but I know who I am and am rebuilding myself into someone I am truly proud of."

**ANNE, MANAGER**

## PODCASTS



"You've done an incredible service to so many people who are experiencing or, who have experienced, the trauma of divorce by helping others find insights on how to heal and move forward."

**SANDRA, EDUCATOR**

## WENDY IS AN EXPERT IN THE FOLLOWING AREAS:

- Divorce
- Life/Career Transition
- Female Empowerment
- Setting Boundaries
- Self Care = Self Worth, Self-Esteem and Confidence

## WENDY'S OTHER KEYNOTES

- SCMA: The Importance of a Divorce Coach During Divorce
- The Business of Divorce
- How Boundaries Empower & Improve Your Life

## BOOK

