



# REAL TALK REAL WOMEN

## BREAKING THE SILENCE AROUND ABUSE

founded and hosted by  
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### Gemma's Bio

Gemma Serenity is an award-winning entrepreneur educated at MIT, NYU Mindfulness, and IMD ranked #1 for the 12th year in a row by Financial Times in executive education, in the fields of leadership, negotiation, and personal development with 25 years of experience helping others find their voice and step into the energy of success. She continues her studies at Kellogg Northwestern University in business and professional sales.

After victoriously overcoming 15 years of domestic violence, she now uses her voice, writing, consulting, and online courses, to share her insights on shifting your mindset, focusing on self-confidence, self-love, self-confidence, as well as money, relationships, time, and is an advocate against domestic abuse.

Gemma Serenity is also a Gems For Gems ambassador, empowering women to empower themselves.

### Suggested interview topics

- From victim to victory
- A shift in consciousness changes everything
- Recognizing the cycle of domestic violence/abuse
- There is so much more to abuse than physically hitting or injuring
- Healing and transformation - energy healing and other modalities
- Narcissistic abuse, a recipe for disaster

### As featured on:



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Los Angeles, CA - Pacific Time



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