

We help progressive organizations who are invested in empowering their female staff.

EMPOWERED
Women Now

CUSTOM TRAINING DESIGN * LIVE INSTRUCTION * COACHING * COMMUNITY



ILEANA A RONTEA
Co-Founder, Trainer, Speaker
Women's Empowerment Coach

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<https://empoweredwomennow.com/>

<https://phoenixontherise.com/>



[Empowered Women Now - YouTube](#)
[Phoenix on the Rise - YouTube](#)



<https://www.linkedin.com/in/ileanarontea/>

"Ileana is a master of transformation and a free spirit, world traveler, and pillar of light.. With her background in psychology and human resource management, she uses her many challenging life experiences to help others find fulfillment and inner peace... Her greatest joy is helping women become strong, confident, and empowered individuals. Ileana has a strong value base focusing on kindness and generosity of heart, which has led her to do work to empower women."

- Lori Saitz, Podcaster, Fine is a 4-Letter Word



SPEAKING TOPICS

Topics include, but are not limited to:

- * Women's empowerment and overcoming limiting beliefs
- * Women, leadership, and the power of community
- * Self-confidence and believing in yourself
- * Setting boundaries and self-care
- * Communication skills for women in the workforce
- * Women and entrepreneurship
- * The gifts of authenticity and being yourself
- * Cultivating courage and taking a leap of faith
- * Listening to your intuition/inner voice

FEATURED ON

- * *The Successful Woman's Mindset TV Show*
<https://spotifyanchor-web.app.link/e/UoHX51LeFub>
- * *Sabrina Victoria - Her Version Podcast*
<https://www.youtube.com/watch?v=9JEjn6gZtkM>
- * *Lori Saitz - FINE is a 4-Letter Word Podcast*
<https://zenrabbit.com/podcast/s3e2-self-care-and-self-compassion-a-conversation-with-ileana-rontea/>
- * *Sabrina Victoria Her Wealth Conference (watch at 5:20:44)*
<https://www.youtube.com/watch?v=JMT7BXLmugg&t=4s>
- * *Sabrina Victoria Impact Panel - Leading as a Woman*
https://www.youtube.com/watch?v=ErcH6jeS_3s&t=12s
- * *Sabrina Victoria Impact Panel - Ego & Releasing Identity*
<https://www.youtube.com/watch?v=oHDQqI54ulc&t=101s>
[your-comfort-zone-to-grow-fa7172d4a3a1](https://www.youtube.com/watch?v=fa7172d4a3a1)
- * *Austra Putnina - The Committed Growth Podcast*
<https://www.youtube.com/watch?v=eYOmPdSPcOY>

* Authority Magazine

1. <https://medium.com/authority-magazine/ileana-rontea-of-empowered-women-now-enterprises-ou-on-how-authenticity-and-vulnerability-pay-off-8ec1dbcc77d2>
2. <https://medium.com/authority-magazine/taking-the-leap-ileana-a-rontea-of-empowered-women-now-o%C3%BC-on-how-to-learn-to-believe-in-yourself-3e35d63a7980>
3. <https://medium.com/authority-magazine/ileana-a-rontea-of-empowered-women-now-enterprises-on-how-to-go-beyond-your-comfort-zone-to-grow-fa7172d4a3a1>

BIO

ILEANA A RONTEA is a speaker, trainer, writer, women's empowerment coach, human resources professional, "people enhancer", entrepreneur, and world traveler.

She is passionate about helping women who are on the path of self-growth and development, assisting them in overcoming self-imposed obstacles and barriers. One of the ways she has done this, is by creating and administering an online Facebook community of 700+ international women (and growing) who are also on this path of self-discovery and empowerment. Another way is by sponsoring female children in the developing world since 1997.

Ileana has a Professional CAT (Cognitive Analytic Therapy) Diploma; Associate Certification in Human Resource Management; an Honours Bachelor of Arts Degree; and Train the Trainer Certification. She has worked as an onboard Human Resources Manager on cruise liners, where she provided soft-skills training and extensive onboarding, as well as coaching and counselling to staff and management.

When speaking or conducting training, Ileana is both inspiring and holds a vision of the possibilities for those watching or listening. Her "superpower" lies in her keen ability to see the sometimes-hidden potential in others and guide them on their transformational journey.