

# Speaker One Sheet

The Brand Erica



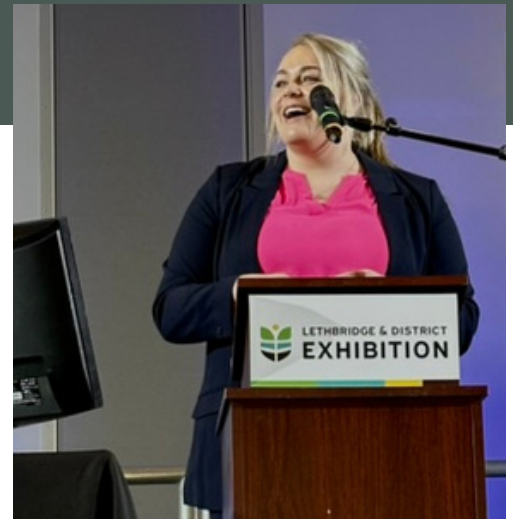
## Erica Leniczek

MACP Candidate, B.Ed., B.Sc.

Founder: The Brand Erica  
thebranderica@gmail.com  
thebranderica.com

@thebranderica

Also find me on:



“Erica is the first person I’ve heard who doesn’t just tell her story but gives her audience actual tangible and practical tools to use (for FREE) in their daily lives.”

### Please inquire for rates and fees

#### Topic Examples

##### Small Steps to Success - Unlocking Your Full Potential without the Overwhelm

Breaking down goals, the neuroscience of small steps, how small successes lead to big success, and how to use mindfulness to help you reach your fullest potential.

##### Mindful Living - Calm Your Mind, Calm Your Life

Reclaim your life through being present, taking your days moment-to-moment, calming your brain and body, and understanding the benefits of mindfulness.

##### Anxiety on the Farm - Befriending Your Emotions

The physiological and psychological reasons behind our anxiety, why you feel anxious, what to do when you feel anxious, and how to overcome anxiety in simple steps.

##### Validated: Practicing Stress Reduction and Psychological Safety

A journey through learning about stress & anxiety, learning how your brain works, and taking home tangible, realistic and accessible mental health tools that you can put into practice right away.

**\*note these are examples. All speeches can be modified or specialized for your audience.**

#### Biography

Erica was raised in a small town near Calgary, Alberta, and has always been interested in why people do what they do.

She is currently working toward her Master of Arts in Counselling Psychology and volunteering as a Crisis Responder with Kids Help Phone. Erica holds two degrees from the University of Lethbridge; a Bachelor of Science with an emphasis in Neuroscience, Psychology, and Kinesiology and a Bachelor of Education, with Great Distinction, in Science Education, with a minor in Community Health.

Erica has had many opportunities for additional training and professional development, having been certified as a personal trainer and holding over 17 mental-health-related certifications such as Crisis Responder Universal Core Training, Applied Suicide Intervention Skills Training, Psychological First Aid, Mental Health First Aid, Teach Mental Health, Mindful Educator, Concussion Awareness, and more!

Leniczek enjoys the lifestyle that comes with living on a cattle ranch in rural Alberta, working out, reading, spending time with her dog, farm photography and videography, and spending time on her paddle board in one of the many lakes in her area.

#### Features



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TO NURTURE AND GROW OURSELVES