

Robin Meyers of Navigate & Empower to be Featured on CUTV News Radio

WASHINGTON, DC, UNITED STATES, December 14, 2017 /EINPresswire.com/ -- Each day we just put the car in drive and get on the day-to-day highway. We often don't take the time to reflect or look ahead. When that happens, you begin to lose your self-identity. As women, we all have the little self-doubting voices in our heads while we juggle our responsibilities. It comes down to us allowing ourselves to embrace ourselves and allowing ourselves to be confident with who we are.

Robin Meyers is a life strategist and the founder of Navigate & Empower, where she works with women, specifically women entrepreneurs to navigate transitions.

“Through various stages of life, there are many transitions and changes. Since there is no one handbook to life, you have to be resilient to change,” says Robin. “I strategize with people to be the best that they can be. It's all about claiming your identity, your journey and being unapologetically you.”



According to Robin, change is scary but it's also inevitable. Too often in life we approach our problems in a vague way. We try this, we try that. We rarely take the time to lay out a plan for ourselves and attack one step at a time so you don't get overwhelmed with the process, but you keep your eyes on the goal at all times.

“Some people are really fearful of change, but you grow from it,” says Robin. “Change is always about growth and learning. I can help people be aware of the different shifts and challenges they will encounter so they have the skills, tools and strategies to help them prepare.”

Robin says she's always been an educator. She went from being a stay-at-home mom to volunteering to getting back into the schools to going into corporate training to then becoming a director of education for a non-profit.

“As my kids got older—they're now 21, 23, and 25—I realized that I was at that halfway point,” recalls Robin. “Do I like the first half and what the heck am I doing with the second half? And what do I really want to do?”

The result was Robin claiming her identity and passion to empower other women which resulted in her company Navigate & Empower and the program Know Your Worth.

"Know Your Worth translates personally and professionally," says Robin. "You have to know what your self-worth is. And if you can't claim it personally, you can't get out there in the business world with confidence. And it just really is all about confidence and not compromising yourself."

Robin is the author of *Alone but Not Lonely* scheduled to be published in January of 2018.

"It's all about my story, my journey," says Robin. "It's a practical guide for women to analyze their life, giving them tools and suggestions on how to face loneliness and empower themselves to create a life where they claim their identity."

CUTV News Radio will feature Robin Meyers in an interview with Doug Llewelyn on December 18th at 3pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Navigate & Empower, visit <http://www.navigate-empower.com>.

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