

Dr. Twanna Carter Hosts “5 Stress and Anxiety Tips Every Woman Leader Should Know”

Join Dr. Twanna Carter live to learn practical strategies for managing stress and anxiety, tailored specifically for women in leadership.

BOWIE, MD, UNITED STATES, December 9, 2024 /EINPresswire.com/ -- Dr. Twanna Carter Empowers Women Leaders with Actionable Stress and Anxiety Management Strategies



Dr. Twanna Carter (Photo by Renee Wilhite)

Dr. Twanna Carter, renowned for her work in personal and professional coaching, invites women leaders to a transformative live session, “5 Stress and Anxiety Tips Every Woman Leader Should Know”, on December 11, 2024, at 8:35 PM EST.

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As a fearless leader, stepping up and taking charge in both my personal and professional life has taught me the value of balance, clarity, and resilience.”

*Dr. Twanna Carter, from
Melaninated Magic, 180
Affirmations*

Streaming live on [YouTube](#), the event offers practical tools to help women in leadership roles thrive amidst the unique pressures they face.

This event is tailored for professionals seeking balance, mental fitness, and strategies for addressing the stressors inherent in leadership positions. Dr. Carter aims to provide attendees with effective, actionable steps to improve well-being and confidence in their roles.

A Focus on Women’s Mental Fitness in Leadership

Leadership roles come with unparalleled challenges, often leading to stress and anxiety that affect personal and professional effectiveness. During the event, Dr. Carter will address these issues with strategies that include:

- ~Developing mental fitness to build resilience.
- ~Setting and maintaining healthy boundaries.

~Creating a culture of balance in personal and professional life.

Dr. Carter will provide insights designed to help attendees reclaim clarity, purpose, and confidence in their leadership journey.

Event Details

Date: Wednesday, December 11, 2024
Time: 8:35 PM EST / 7:35 PM CST / 5:35 PM PST
Location: Streaming live on YouTube



About [Twanna Carter Professional & Personal Coaching, LLC](#)

Twanna Carter Professional & Personal Coaching, LLC, is dedicated to empowering women leaders to manage stress and anxiety effectively while achieving their personal and professional goals. Led by Dr. Twanna Carter, the organization specializes in coaching services that help clients unlock their full potential and lead with confidence.

Media Contact

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