

# Elizabeth M. Lykins, Renowned Author, Triumphs as Winner of the 2026 Inspiring Women Award for Exceptional Leadership

*"The award recognizes the best in female leadership at a time when the focus on women's contributions is more critical than ever." - Aurora DeRose*

LOS ANGELES, CA, UNITED STATES, February 5, 2026 /EINPresswire.com/ -- Amid a sea of outstanding nominees, [Elizabeth M. Lykins](#), PA-C, spiritual transformation expert, coach, and best-selling author, has emerged as the 2026 Inspiring Women Award winner. This prestigious recognition celebrates her remarkable leadership and innovation, highlighting the zenith of female leadership at a time when women's influence holds unprecedented significance in society.

Elizabeth M. Lykins is a licensed medical provider with decades of experience in emergency medicine and urgent care, now focusing on spiritual transformation and coaching to guide individuals toward deeper self-understanding and inner freedom. As a best-selling author of [Reflections on Transcendence: Everything You Have Been Searching for Is Already Inside of You](#) and *Letter to Caroline*, she blends mindfulness-based insight with compassionate guidance to help others transcend anxiety, conditioned thinking, and external stressors. Her coaching work supports professionals and individuals in navigating life's challenges by reconnecting with their innate wisdom and purpose.

Co-creator of the award, Aurora DeRose, emphasizes its importance by stating, "The award recognizes the best in female leadership at a time when it is more important than ever." This sentiment resonates deeply in an era where women's voices shape discussions across various industries.

Open to exemplary women from all corners of the United States, the Inspiring Women Award stands as a testament to women's power and determination in reshaping industries,



Elizabeth M. Lykins

communities, and the world. Lykins embodies this spirit, demonstrating an unwavering commitment to positive change through her innovative leadership, inspiring others to break barriers and strive for greatness.

The award underscores Lykins's dedication to sparking paradigm shifts and igniting transformative progress. Her journey reflects her achievements and the profound inspiration she imparts to countless others who aspire to overcome obstacles. By sharing her experiences, Lykins encourages women to embrace their potential and assert their influence in every arena.

This momentous award ceremony promises to unite luminaries, supporters, and advocates dedicated to advancing female leadership and empowerment. It will celebrate Lykins' accomplishments while amplifying the voices of countless women whose contributions have shaped history. The event highlights the ongoing journey toward equality and women's vital role in driving progress across all sectors, reinforcing the message that can create a more inclusive future for all.

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