

# Peta-lea Brenda

**SPEAKER | PODCASTER**  
**FOUNDER - THE WOMAN EMPIRE PROJECT**

How to put yourself first, in a society  
*that wants to put you last*

Becoming the priority, *igniting your potential,*  
*pursue your dreams*

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# Peta-lea Brenda

*It's time to put yourself first*

***The average time a mother gets to herself is 17 minutes a day. Let that sink in. You are worthy of more than 17 minutes.***

In her inspiring signature talk 'How to put yourself first in a society that wants to put you last' Peta-Lea shares how as a Mother of 4, she continues to show up everyday as the priority in her life. She shares practical, actionable tips that women can implement straight away in their own lives - helping them to feel less stressed & more relaxed both at home and in professional environments.

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**NATURAL, FUNNY & INSPIRING - EVERY WOMAN, MOTHER OR NOT, NEEDS TO HEAR FROM PETA-LEA!**

Nicole Joy | Founder of SHEspeaks



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**When you put your own needs first**, you are actually able to give more of yourself.

Not necessarily of quantity, but of quality.

Quality time with the people that are important to you. Present and purposeful time spent with your husbands, children, sisterhood and colleagues. Not the obligatory, often rushed and resentful periods of time where you aren't present, thinking about all the things you should be doing instead.

**When you put yourself first**, you say goodbye to people pleasing people (can I get an A-woman!)

**When you put yourself first**, you give permission for other women in your life to do the same - especially your daughters. By role modelling that your needs matter, you will begin to break the generational cycles of martyrdom & sacrifice that were handed down to so many of us.



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In addition to speaking, Peta-Lea can also run workshops and classes inspiring women to become the priority, ignite their potential and pursue their dreams.

In this transformative workshop, Peta-Lea empowers women to break free from limiting beliefs and start living a life where they are the priority. Through a combination of inspiring teachings, practical tools, and interactive exercises, participants will reconnect with their true potential and discover the courage to pursue their dreams.

This workshop is designed to help women:

- Prioritise themselves unapologetically
- Unlock hidden potential and reignite passion
- Break down barriers and overcome self-doubt
- Create a clear vision for their dream life and set actionable steps to achieve it

Whether you're feeling stuck, overwhelmed, or ready for a new chapter, this workshop will leave you feeling empowered, focused, and ready to take bold steps toward the life you truly desire.

### **Booking Info:**

Contact Peta-Lea

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