

## **Rebecca Psigoda, Our Inspirational Breakfast Keynote**

“I created I Believe in ME! to work with ‘at-risk’ youth. I soon discovered that ALL young people are at risk without the right tools to manage their own mind.” – Rebecca Psigoda

In addition to being a truly happy person, Rebecca considers herself a lifelong student with a passion for knowledge that has enticed her to study everything from art to dance, engineering and etiology. Until 2015, she operated her own private holistic therapy practice in Columbus, Ohio, where she combined counseling with a variety of additional modalities that include: deep relaxation techniques, guided meditation, NLP, hypnosis, gentle massage, Reiki, healing touch, life coaching, and The Infinite Possibilities Program for a mind, body, spirit approach to therapy.

In 2015, she modified the adult Infinite Possibilities program and created a youth version, Infinite Possibilities: I Believe in ME! She continues to facilitate the program through the Homeless Families Foundation of Columbus, Ohio, and marvels at the shifts that this program is bringing young people. While developing the program, she wanted to make it available to other trainers throughout the world. With a goal and dream of reaching as many young people as possible with the truth about their own power, Rebecca has distributed the I Believe in ME program into the hands of over 100 trainers, teachers, counselors, and non-profit organizations in 15 countries worldwide.

In 2016, Rebecca became a first-time author with 2 books created to share the concepts of Infinite Possibilities: I Believe in ME! She has published a children’s book, *I Believe in ME! School, Where All Students Have Superpowers*, and a coloring book, *I Believe in ME! The Adventure Begins*; both available on amazon.com. The books emphasize the same empowerment concepts as the educational program and are available to the public.

Rebecca will also be presenting a break-out session on Saturday, March 21, 2020. She lives with the fully supportive and handsome father of their two grown children, Mark Psigoda, in Hilliard, Ohio.