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# ENOLIA

**May, 2022**

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## **Its May already!!!!**

I am so grateful to share a very busy schedule with you this month.

In the next week we will be launching the Divine Feminine Professionals Network where coaching, support, networking, learning, advertising your business, business consulting can all take place as one organization. We are excited to share expertise to help our sisters soar.

I will be speaking at a number of summits that will engage, spirituality, stress, gender equality and empowerment. Join me and hear from others expertise from around the world.

I am excited to be a new executive contributor writing for BRAINZ Magazine. Please enjoy my first published article listed below.

I will be holding a four day retreat in Mauritius in Africa. If you would like more details, please call so that you may be listed. The retreat will take place the second week of July at a private location after the He & She Conference.

Please enjoy my meditation CD's and my book available on [Amazon.com](https://www.amazon.com), reviews are starting to be listed, take the time to see if my book inspires you.

Also checkout my Master Class: Empower Achieve Succeed Through Self Mastery ~ This online coursework is available through Enolia's website by selecting go to [Master Class](#).

Enjoy the recent interviews, discussions and podcasts for the month.

I invite you to explore the many free resources for you to enjoy on my website under [media](#) and [meditations](#).

I am available for [Coaching Sessions](#) for true conscious transformation.

[Contact me](#) directly by email.

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*In mauritius for the first time*

**4 Days Retreat  
with  
ENOLIA**

Join us for this unique experience  
of connecting with our  
I AM

Shamanic retreat with a Shaman

For more information about the  
retreat call us on  
+23057020700



*Enolia is to engage in the activation of your soul and calling. Enolia assists you in moving through the "stories" created by circumstance. Her work opens the heart, taps into the deepest part of your soul wisdom to expand your thinking and listen to your own inner wisdom.*

Join me in July for my retreat. Still in the works, hold the date as the planning proceeds....

**Want to learn more about the land of Mauritius?**

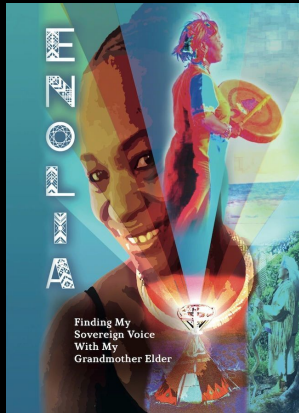
**Learn from this informative video:**

**Play Now**

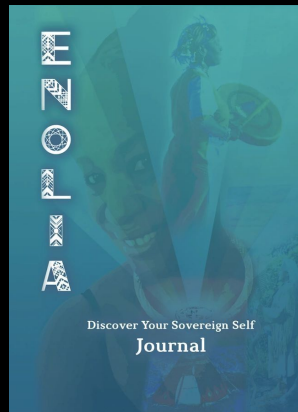
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*Learn from my story*

**BOOK AND  
JOURNAL  
NOW  
AVAILABLE  
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AMAZON**



*The Story*



*The Journal*

**We lift each other up when we can learn from each other's story...**

**Listen to the author's book discussion here: [Play Now](#)**

**Read the synopsis here: [Read Now](#)**

**Purchase the book and journal here: [Purchase Now](#)**

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ASSISTED BY  
BUKEKA  
BLAKEMORE



ACTIVATE  
YOUR  
INNER  
WISDOM  
THROUGH

Self  
Mastery

WITH  
ENOLIA



## Empower Achieve Succeed Through Self Mastery

introduces a methodology for conscious transformation ~ a mindset, with tools to integrate our inner wisdom. This mindset will establish a “strong” foundation to build upon, to leverage with daily personal, entrepreneurial and professional life situations. The integration and use of the tools presented creates a shift in our lives and move us into inspired action.

What You Will Leave With

- Self-confidence and understanding of the impact of your truth.
- Further, develop leadership skills and the importance of your values.
- How to handle judgment and no longer give your

power  
away  
when  
judgment  
is  
projected.

- Focus on inner clarity, strength, and integrity to self.
- Increased focus, attention & conscious decision-making.

A finely tuned program to maximize your results based on 25 years of experience.

[Learn More Now](#)

## G100 GLOBAL NETWORKING MEETING

19, 20, 21 & 22 MAY 2022  
CASCAIS, PORTUGAL



SPEAKER



**Enolia Foti**

G100 National Chair Oneness & Wisdom Angola



**I will be a speaker at May's upcoming**

**G100 Networking Conference in Cascais Portugal.**

I will also be leading the Break Out session for Africa on Gender Equality.



MAY 5th & 6th  
HE&SHE CHAMPION  
Virtual Summit

- 1.Spirituality
- 2.Women Empowerment
- 3.Gender equality

Register Now

To join as speaker please contact the team  
heandshechampionsaward@gmail.com

**I will be speaking at the upcoming**

## **He & She Champions Summit**

on May 5 & 6

I will be speaking on May 5th - time to be designated.

Google Meet joining info

Video call link: [Here](#)



**TICKETS VIA**

<https://www.eventbrite.com/e/stress-prohibited-summit-tickets-316993745827>

**STRESS  
PROHIBITED  
SUMMIT**



**ENOLIA FOTI**

International Speaker, Social  
Entrepreneur, Global influencer,  
Energetic Life Coach

"How to move through the Story  
of Stress"



**07.05.22 | 13:00 BST**

**#STRESSPROHIBITEDSUMMIT**

**I will be speaking at the**

**Stress Summit**

on May 5th, 2022 at 1pm BST.

Free registration and entry.

Register [Here](#)

**YOU**  
WITH ANITA CAPRICE

**Enolia Foti**  
G100 Oneness & Wisdom Angola Chair  
Author "Enolia Finding my sovereign  
voice.."

4th May 3pm Madrid/ 9am New York  
LIVE @G100GlobalNetworking

**I will be a guest panelist discussing Dr. Anita Caprice's book**

# YOU

Facebook Live

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Please enjoy my article.

**I am excited to be a new executive contributor for Brainz Magazine.**

"There comes a time in each person's life when we have to set our fears aside and take a leap. It may take everything within us to take the first step, but we will not be disappointed when we finally put our everything into it. When we finally find the courage within to move forward, we look back realizing that the emotion and ego created an illusion above and beyond the actual reality."

**Read Now**

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FAVUnitetv.com



Bukeka Blakemore

# WORTHY OF WODERFUL

SHOW

[www.bukekastyle.com](http://www.bukekastyle.com)

**Bukeka Blakemore interviews Enolia sharing about her book  
and Master Class. Enjoy this revealing conversation**

**Play Now**

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## EMPOWERING PARTNERSHIPS

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**It's time for the Divine Feminine Professional to engage, collaborate and prosper! As powerful, professional, spiritual entrepreneurs we are ready to position ourselves to arise and be the magnificent voice in our personal and professional lives.**

**Check us out!**

**Go to our Website**

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**B.E. Empowered Podcast!**

**CoHost Bukeka Blakemore and ENOLIA**



**Play Previous Episodes Now**

**Episode 17 ~ Financial Freedom**

**Episode 16 ~ Are They Really Your Friend**

## Episode 15 ~ Transitioning Life After Divorce

### Play Now

Please enjoy anyone of our episodes for our podcast. If these discussions move you, PLEASE SHARE and get the word out. The episodes come out every two weeks.

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*Ivy I.*

Episode 44

**Today's Conversation with**

**Special Guest Ivy Berrato**

**Topic: Spaces To Move Though The Story Of Stress**

Wednesday May 11th, 2022 11:30am PST, 2:30pm EST, 7:30pm UK and Angola

In this episode of Today's Conversation, Ivy.i Barreto joins Enolia & Sara Jane to share insights about "Navigating stress & spaces through storytelling", the ins and outs of stress.

- How your physical spaces impact you and your environment.
- How stress has a lot to do with it.

They will be giving tactics in navigating your physical and emotional spaces to work for your advantage in reducing stress and anxiety levels, from the past and leverage emotions into the present.

Also how moving, rearranging objects, dialogue engagement with objects can help heal and reduce

the spaces temperature levels in mediating crises.

How visualization can be soothing while breathing and recreating imaginary scenarios.

Tools such as art therapy can be helpful & beneficial in reengineering mindset and setting the body, mind and soul free. Granting individuals peace, congruence and financial freedom in some cases.

**Register Free Now**

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*Mary Wolken*

Episode 45

**Today's Conversation with**

**Special Guest Mary Wolken**

**Topic: Trauma: The Hidden Dragon**

Wednesday, May 25th, 2022 11:30 am PST, 2:30 pm EST, 7:30 pm UK and Angola

Trauma is hidden in plain sight within our body tissues and organs, our mind, brain, and nervous system from conception.

Do we have a chance to live a calm, healthy and happy life cloaked in this traumatic energy?

How do the old, ancient, and newer traumas affect us, and how do we handle physical mental, and emotional crises?

Can we reset, release and learn from these hidden challenges?

Join Enolia, Sara Jane & their Guest Mary Wolken Ph.D. Trauma, Memory, and Learning Improvement specialist, as they explore these questions and share answers from their own experiences.

**Register Now**

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## April Archives

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### Enolia Foti Talks About Her Soul Searching And Entrepreneurial Journey on **Obahi Podcast**

based in Rome on April 8th, 2022

[Play Now](#)

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*What wisdom do our Native Grandmothers and  
Grandfathers have for you in creating Your  
Thriving Life? Join us!*

### Wisdom from the Sages

  
**Saturday,  
9.00 am  
Pacific**



With host **Dr. Birgitte Tan**  
& **G100 Global Networking USA**



With guests  
**Enolia**



### **Birgitte Tan interviews Enolia about the wisdom of the Grandmothers.**

[Play Now](#)

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**Enolia Foti Talks About Her Travel Businesses And How To Profit From The Travel Industry on**

**Obehi Podcast**

**based in Rome on April 17th, 2022**

**Play Now**



Episode 42

**Today's Conversation with**

**Special Guest Anna Konya**

**Topic: Art Is More Than What You See**

**Play Now**





**Please listening to Denika Carothers and myself for our live broadcast of our podcast "The Wellness Mindset" at the Wellness Conference in South Africa April 2nd, 2022 at 10:30am CST.**

**Topic: Your Inner Victim**

**Play Now**



Episode 43

**Today's Conversation with**

**Special Guest Kellan Fluckiger**

**Topic: Forgiveness - A Journey of Courage to a Place of Freedom & Power**

**Play Now**





The banner features a world map at the top with various country flags. Below the map is a circular logo with the text "GLOBAL PEACE & SUSTAINABLE DEVELOPMENT SUMMIT 2022" and "GPSDS". The banner includes three main sections: "Revolutionised Insights", "Unlimited Networking", and "Eminent Speakers". The central text reads "Witty Gossip Association invites all of you to join us in Global Peace & Sustainable Development Summit 2022". Below this is a photo of Enolia B. Foti, a woman with short dark hair, wearing a colorful necklace. To her right is the text "Guest Speaker" and the Angolan flag. Below the flag is the text "Enolia B. Foti Mutamba, Luanda Angola". At the bottom, there is a section for "Day 5" with the date "Date: 5th April 2022 | Time: 10 am IST". This section includes logos for "5 GENDER EQUALITY", "SUSTAINABLE DEVELOPMENT GOALS", "Witty Gossip", "Global Peace Excellence Awards", and "GLOBAL Empowerment". A footer line reads "For more information please contact: info@wittygossip.com, wittygossips.com".

**Please enjoy my speech about Sustainability Goal Number 5  
~ Gender Inequality at the Global Peace& Sustainable  
Development Summit 2022**

**Play Now**

**TRAVEL**



*Ruban Apaza*

## IS PERU CALLING YOU?

### TOURS, EXPEDITIONS AND CEREMONIES LED BY THE Q'EROS INDIANS OF PERU

Enolia has partnered with Andean Spirit Organization for your travel to PERU on demand. This organization is owned by the Q'eros and supports the Q'eros. Ask For Ruben Apaza and tell him Enolia sent you!

Schedule your **ceremony, tours or expedition with Andean Spirit**

Let Enolia setup your group travel. Your group will be taken care of from end to end.

### Book your travel arrangements

For more information you can **go to my website**

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Kind regards,  
ENOLIA

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Web Version

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