

Enjoli Rountree

Advocate for Self-Care

- KEYNOTE INSPIRATIONAL SPEAKER
- CERTIFIED REIKI MASTER
- ORDAINED MINISTRESS
- POET/COMEDIAN
- HOSTESS WITH THE MOST
- CONSCIOUS CONTENT CREATOR...



**TALK TITLE: SIMPLE SELF CARE:
Set Yourself up for Success!**

Talk Takeaways...

- You can reclaim your power through self-responsibility.
- Simple acts of self-care create profound transformation.
- Slowing down is not weakness—it's essential.
- Breaking cycles is possible at any stage of life.
- Self-love is the starting point for every breakthrough.

This talk is perfect for...

- Individuals Who Overgive
- Professionals Facing Burnout
- People in Recovery or Seeking Healing
- Spiritual Seekers & Wellness Enthusiasts
- Women's Empowerment Audiences
- People Searching for Motivation or Renewal

"So, by slowing my breath down
I simultaneously invited my
nervous system, heart, and
brain into a calmer state which
ultimately had a positive effect on
my life."- Dr. Joe Dispeza

Reach out and book me!



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learn more!



Talk Abstract...

In today's fast-paced world, many of us give endlessly to others while slowly losing touch with ourselves. The expectation to "keep going" has become the norm—often at the cost of our well-being.

Meet Enjoli: a warm, uplifting speaker and Reiki Master who is dedicated to helping audiences reclaim their power through self-responsibility, self-love, and simple, sustainable acts of self-care.

After spending more than 11 years as a functioning alcoholic, Enjoli broke free on June 27, 2022. Her unique approach allowed her to walk away with clarity, zero attachment, and a renewed sense of purpose. Since then, she has shed over 80 pounds and transformed her body, mind, and spirit by embracing a slower, more loving, more intentional way of living.

Today, Enjoli is a passionate advocate for self-care and personal empowerment. Through her story, she invites audiences to reconnect with themselves, prioritize their well-being, and discover what becomes possible when we finally choose to care for the person at the center of it all.

Enjoli would be honored to share this powerful message with your attendees.

"In order to love, lead, heal and create, you must nourish yourself first."- Louise Hay