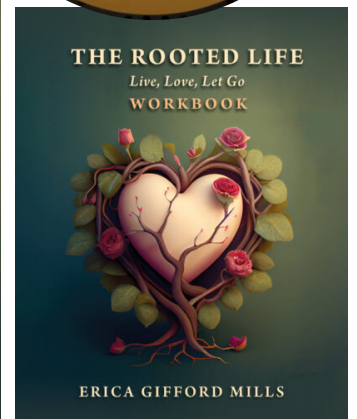




Erica Gifford Mills
INTERNATIONAL SPEAKER, AWARD-WINNING AUTHOR



MOTIVATIONAL & INSPIRATIONAL SPEAKER
EMPOWERMENT COACH & FACILITATOR
AWARD-WINNING AUTHOR & PODCAST HOST

Media Kit



Erica Gifford Mills

Motivational Speaker, Award-Winning Author
& Women's Coach

Erica Gifford Mills is a sought-after international speaker, award-winning and international best-selling author, and a powerhouse women's empowerment coach. She is the visionary founder of Balanced Symmetree. Known for her relatable presence and soul-stirring insights, Erica inspires audiences to rise above burnout, reclaim their power, and lead from within. Whether on stage, on air, or in intimate workshops, Erica equips women to live with intention, lead with purpose, and grow with grace.

SIGNATURE SPEAKING TOPICS

The Rooted Life: Live, Lead & Thrive from the Inside Out

A transformational journey to reclaim balance, rediscover purpose, and live a life that reflects who you truly are—grounded, resilient, and unstoppable.

Rooted Leadership: Leading with Purpose, Passion & Presence

Leadership isn't about titles—it's about being deeply rooted in your values and leading from within. This talk equips women to lead authentically, powerfully, and sustainably in every aspect of life.

Overcoming the Superwoman Syndrome (While Still Feeling Like Wonder Woman)

Say goodbye to burnout, perfectionism, and people-pleasing. This empowering session helps women release unrealistic expectations while still embracing their power, passion, and strength—with grace and grit.

From Burnout to Balance

For the woman who's doing it all—but losing herself in the process. Practical tools for redefining success and creating a life that fuels you instead of drains you.

Create Your Own Path

Ditch the rulebook, trust your voice, and design a career and life that are authentically yours—aligned, intentional, and fulfilling.

Erica is an amazing speaker. I watched her at the Impact Conference and was engaged from beginning to end. Her honesty and personal stories resonated with me. She's genuine and offered practical steps I can use. I appreciated her clear calls to action. She's also very approachable—she shared her contact info and followed up with me personally. Her attention to detail and follow-up is impeccable. It was a pleasure to be in the audience, and I'm excited to have her in my network.

– Michael



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LET'S WORK TOGETHER!



Plases feel free to contact me with any questions or to book me for a speaking engagement or workshop.

AS SEEN ON

