

# Dr. Maryann Rivera-Dannert



## Keynote Speaker

### Meet Dr. Maryann

Dr. Maryann is living proof that your past does not define your future. After dropping out of high school at 16, she defied the odds, earning three college degrees and an honorary doctorate. As the CEO of MRD Empowerment Solutions, LLC, she is dedicated to helping women break free from limitations, heal their inner child, and step into confidence. She has co-authored 20+ anthologies, is the Visionary Author to three anthologies, and is the author of *From Limitation to Liberation: 50 Mindset Shifts for Women Who Dare*. Maryann delivers bold, actionable steps that ignite transformation and inspire women to rewrite their stories.



### Topics & Areas of Expertise

- HealingHer Within: Breaking free, stepping into power, and thriving
- Unleashing Confidence: Owning your worth and walking in purpose
- From Limitation to Liberation: Mindset shifts to transform your life
- Self-Care for Women: Learning to reprioritize yourself and your wellness

### Testimonials

“ Today’s workshop was a gentle reminder to always make time to listen and care for our body, mind and spirit. The added self-care activity booklet was a bonus!

*Maria D. Sutton*

“ Maryann captivated the audience with her wisdom and practical strategies for overcoming fear, reminding us that fear is just a four-letter word that doesn’t have to keep us stuck.

*Dr. Dionne Greaves*

### Benefits of Hiring Maryann

#### Ignites Unstoppable Confidence

Helps you step into your power, silence self-doubt, and own your worth

#### Turns Pain into Power

Delivers actionable strategies to break free from past limitations and design a life of success

Book Maryann  
today!



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