

<http://www./Cordeliagaffar.com>
bit.ly/replenishwithlove

Cordelia Gaffar is the Emotions Opener Transformation Strategist guiding woman leaders to use their darkest and most difficult emotions to show up powerfully.

Cordelia Gaffar is the Powerhouse Global Best Podcast Host of 2019 in the UK and the ACHI magazine Volunteer of the Year and finalist for Top Influencer and Orator of the Year. She is best-selling co-author of America's Leading Ladies: who positively impact the world with several other dynamic women. So far in 2020, she has hit best seller again with the 1 Habit for Success SmartFem Edition by Lea Woodford and has been selected Ambassador of Peace by INSPAD and Director for the USA chapter. Her own book related to her Replenish Me Process will be released later in 2020.

After leaving her corporate career as a controller for an IT start-up, she homeschooled her six children which involved coordinating activities in the homeschooling community, running Girl Scout and Boy Scout troops and much more. Having already had two miscarriages and postpartum depression juggling a family and high pressure career, she emerged as an author sharing how to self-nurture in The Guide How to Get Started with Workout Around My Day. She began coaching women in her community, deepened her craft with continuing research and study in nutrition, fitness, spiritual practices and overall emotional wellness. She is now also the official sponsor of She Phoenix, Femme Phoenix Ltd in South Africa to advocating for the Girl Child, teenage girls, young women rights to a better education, health & life. SDG1, SDG4, SDG5 and a member of the Harlem Wellness Network.