

MEET AUTHOR
EMILY STROIA



About Me

- Born in Virginia
- Family of immigrants. Father's family immigrated from Romania.
- Mother's family Half Mexican/American.
- Both entrepreneurs. Father owned a cab company & My mother owned a cleaning business.
- Unhealthy home life = violence, abuse and trauma
- We moved at least six times and I changed schools often.
- School was my outlet.
- I excelled in all subjects but my favorite was writing/art and playing different sports, i.e. running/soccer/basketball.
- I was placed in several gifted programs for exceptionally smart children from grade school to high school.



About Me

- At 18 I joined the military and worked as a photojournalist for the US Navy.
- After I studied psychology/sociology and spirituality at several schools.
- My calling has always been to help people share their stories and heal their past.
- Today I am an intuitive life coach and author.



A Day in the Life Of Emily

- Around 7 am I wake up and watch the sunrise.
- I meditate and practice yoga.
- I jump on calls with clients and together we strategize how they can heal their life with different tools, explore what their purpose is and what they are ready to create.
- I just wrote a book of poetry on healing from trauma and abuse.
- I also coach my students on tools for creative self-expression, connect to their intuition, and share their stories in the world through workshops/books and classes.



A Day in the Life Of Emily

- Challenges: Holding space for clients to trust me. As an author and teacher I am constantly creating new material and content to inspire and motivate my students, clients and readers.
- What I love about it: empowering my clients to see their full potential & inspiring new readers to share their stories in the world through books & writing.



Activity

- Imagination exercise: (10 minutes)
- In your mind imagine you are talking to your future self. What is he/she doing in the world? How are you making an impact? What do you see yourself doing/creating/legacy? Write down what you feel/see/hear.
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- Meditation exercise: (10 minutes) Bring your awareness to your breath. Imagine that you are sitting at the ocean. When you breath in see the wave pull back. When you exhale see the wave crash on the sand.
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- Free-writing exercise: [I am ...]



Q & A

Tips:

Manage your time with your school subjects.

If there is a subject you struggle with more don't suffer alone. Ask for help, get a tutor.

Reach out for support from teachers/mentors if you are having emotional struggles.

Get active in groups that interest you.

Make friends who inspire and motivate you.

Do the things that bring you discomfort.

Take risks and practice public speaking.

Don't be afraid to be a leader.

You will find your tribe through what you love.

