

# MILLICENT ST. CLAIRE

KEYNOTE SPEAKER &
EMOTIONAL WELLNESS FACILITATOR

www.MillicentStClaire.com
678-410-9885 | millicentstclaire@gmail.com

## KEYNOTE TITLE

**Let It Go, Move On: How to Transform Suffering & Regret into Power, Peace and Purposeful Leadership**

## SPEAKER ABSTRACT

In a world overloaded with shame, trauma, and unprocessed pain, the true cost isn't just emotional—it's spiritual. And everyone pays the price. High-performing women, in particular, often carry quiet burdens of regret, resentment, and self-judgment that silently sabotage their confidence, clarity, and productivity.

In this raw and transformative keynote, emotional wellness expert and LIGMO! (Let It Go, Move On!) founder Millicent St. Claire shares how one act of radical ownership—after extreme abuse and soul-shaking awakenings behind prison walls—became the catalyst for her deepest breakthrough. Drawing on accelerative learning, neuroscience, transformational psychology, and lived experience, Millicent guides audiences through her LIGMO framework to break the cycle of suffering and lead with emotional and spiritual intelligence.

Whether you're a leader, healer, educator, or woman ready to rewrite your story—this talk will give you the tools and truth to stop hiding, start healing, and move forward with power and peace.

*"Millicent's story cracked my heart wide open and reminded me who I am. Her LIGMO framework is the missing piece every leader needs. Raw. Real and Revolutionary."*

— Jackie Taylor, Women's Wellness Summit

## LEARNING OBJECTIVES

- **Uncover the hidden emotional and spiritual costs of regret**—and how they silently undermine leadership, clarity, and well-being.
- **Apply the 3-step LIGMO Framework** to release emotional pain, elevate emotional intelligence, and reconnect with inner purpose.
- **Break free from the mindset traps that keep high-achieving women stuck**—and activate personal healing that ripples through families, communities, and systems.

## REFERENCES

Christine Louis, Ed. cjfound94@gmail.com
Dr. Annette Butler, president2024-2026@aaaed.org