



**Empowering Women, Transforming Lives**  
Thursday at 10 AM Pacific  
**January 23rd 2018: Step Forward in 2018**  
**Authentically and Purposefully!**

Join Rebecca Hall Gruyter (RHG TV Network), Trisha Garrett (BriteLite TV), and Sophie Roumeas (Personal Development) as we share how to step forward powerfully, authentically, and purposefully in 2018 and beyond!

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#### Featured Guests

Guest Image

##### Sophie Roumeas

For some people, music is their words; for others, words are their music. Passionate about words and their ability to trigger emotions, memories and thoughts, Sophie infuses them in her therapeutic work as she leads meditation, hypnosis sessions, and family constellations. In 2021 she compiled and published her first anthology, *J'ai vécu la même chose que toi*, written with twelve co-authors. The best-seller testifies to the resilience displayed by these young women who recovered from breast cancer as a message of hope and encouragement for the families affected by this ordeal. Born in the French Alps, nature has always been a source of creativity for Sophie; encouraging intuition, listening

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##### Trisha Garrett

Trisha is the Owner and Executive Producer of BriteLiteTV Channel which is on the recently launched RHGTV Network. BriteLite TV Programming reinforces that You Matter, You are Enough and You are Powerful through; Inspiration, Education and Personal Empowerment.

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