

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



The Self Improvement Show Archives Available

August 20th 2015: The Superwoman's Guide to Super Fulfillment

What woman today doesn't feel over-worked, over-tired, stressed-out and pushed to her limit? We all feel we aren't doing enough, we don't have enough time and we are lost to ourselves, awash in commitments that never allow for our own moments of self-care, personal enjoyment and individual reward. As Dr. Jaime Kulaga puts it, we are on the Ferris Wheel that keeps us stuck going round and round. We may be a super woman, but not necessarily a SuperWoman, a woman who knows how to achieve balance between life and work and be personally fulfilled. We are going to talk about how to get off the Ferri

[Read more](#)



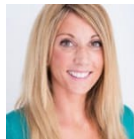
Tune in

Archives Available on VoiceAmerica Empowerment Channel

EPISODE ON DEMAND

VIEW HOST PAGE

Featured Guest



Dr. Jaime Kulaga

Dr. Jaime Kulaga is a licensed mental health counselor, certified professional coach, inspirational speaker, and entrepreneur.

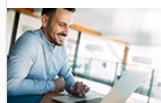
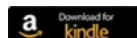
[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

