

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

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



EMPOWERMENT



If you are looking for a way to drive purpose in the workplace, check out

WorkProud

Working on Purpose New Episodes Weekly July 17th 2019: Resilience: Building a Life After Devastating Hardship

Life can serve up some powerful punches that can seem incredibly cruel and unfair while in the throes of wrestling with them. Often, hardship is a tremendous opportunity in disguise to discover just who and what we can become in life. It's so important to remember that we always have the freedom to choose our attitudinal stance to whatever pummeling life serves up. We can see ourselves as hopeless victims of an unfair fate. Or we can reach down deep into our core while focusing on serving others as we dig out way out, which is the route Karen Millsap took. She is a beautiful example of a perso

[Read more](#)

[DOWNLOAD PDF](#)

[GET CODE](#)

Tune in

New Episodes Weekly on
VoiceAmerica Empowerment
Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Featured Guest

Guest Image

Karen Millsap

Karen Millsap is a Resilience Coach and Founder of The Groflo community. At only 29 years old, she suddenly became a widow when her husband, Richard, was tragically killed. On her journey of healing, she discovered powerful life-changing habits that helped her rebuild her life and find her way back to a whole heart. Now Karen guides others on how to feel better, live better, and achieve their goals in her masterclass community Soul Care. Karen's work has been featured in Forbes, on Good Morning America, MSNBC, and a variety of podcasts. She's also a regular contributor to Arianna Huffington's THRIVE Global community.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG