



Empowering Women, Transforming Lives
Thursday at 10 AM Pacific
November 4th 2021: Women Mindfully Blazing the Trails for Other Women!

Today’s guests are two women who are passionate about helping women achieve their own potential and uplift their lives. Rebecca will talk with Carla who calls herself an accidental athlete and Lina who advocates for women on a global scale. They’ll share more about the challenges and harsh realities women face and the progress being made to lift them up. What magic will they inspire in you? How can you mindfully lift others up in your life? As always, you can find our host, Rebecca Hall Gruyter at the www.RHGTVnetwork.com or at www.yourpurposedrivenpractice.com. Our guests are also online.

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Featured Guests

Guest Image

Lina AbiRafeh

Lebanese American University, covering the 22 Arab states. Lina completed her doctoral work from the London School of Economics and published Gender and International Aid in Afghanistan: The Politics and Effects of Intervention based on her research. A second book will be released in early 2022. Lina has appeared on global stages at TEDx as well as international media such as CNN, BBC, France24, and ABCs Good Morning America. Lina serves on various international boards and is among the Gender Equality Top 100 worldwide in 2018 and 2019. She was awarded a Vital Voices fellowship for 2021 for outstanding women leaders and was recognized by the Womens Media Center as one of their Progressive Wom

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Carla Frank

Carla Frank is an accidental athlete. She literally failed physical education in school and spent most of her life behind a desk or on the couch until she decided to walk a marathon to commemorate her 40th birthday. Since then, she has participated in more than 130 races including 22 full marathons, 3 marathons in 3 days, and an Ironman triathlon. Carla is passionate about helping women of all shapes, sizes, and physical abilities achieve their own athletic potential and uplift their lives. Connect with Carla at www.wimruntheworld.com

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