

## How Sheila Mac Empowers Women Through a Formula Designed for Reinvention



**New York City, Jul 16, 2020 ([Issuewire.com](https://www.issuewire.com))** - In today's modern world, women lead their lives often juggling between family, career, and social life. As the balancing of one's life becomes vital to overall wellness, women tend to neglect the aspect of self-care and often perceive this as a luxury rather than a necessity.

For lifestyle reboot specialist, author, and speaker, Sheila Mac, she believes that women have the right

to reinvent themselves amidst the demands and expectations of society. As women, in general, are recognized as nurturers, they also tend to forget to nurture themselves. Sheila's mission in helping women is giving them a sense of empowerment and a guide to get through any tough situation in life.

Sheila Mac owned her first businesses at the age of 23 while having to take care of her children. She worked with her children by her side and gained success from her businesses while living the life she designed and created for herself. She earned a degree in Business Management from Woodbury University, Real Estate training from USC, and studied Consulting through Tony Robbins and Cloe Madanes Strategic Intervention Training Programs. As a consultant, she has the innate ability to find a glimmer of light in even the darkest of situations, and she teaches people how to find that light.

Sheila is empowering women through her podcast, *The Sheila Mac Show* and upcoming book, *Bootstraps & Bra Straps available August 4th on Amazon and Audible*. All her programs help tackle various rock bottom issues such as grief, finances, career, parenting adult children, parenting our parents' elder care, abuse, addictions, and lifestyle redesign. Through these platforms, she provides interactive activities and exercises that promote reflection, then helps readers create a game plan on how to change one's life, and reclaim their power.

Her advocacy towards women and their desire to sometimes reinvent, reboot, and start over again reflects Sheila's personal life. Looking at herself in the mirror, she realized that going through a reboot alone is tiring and affects every aspect of her life. In response to this reality, Sheila created a community for women to interconnect without judgment and help each other achieve their goals on their terms.

Sheila's guide to rebooting uses the Boots Formula she created as well as activities and words of affirmation as a key in changing one's mind and life. By saying and thinking positive thoughts, one is setting the subconscious mind into believing them and bringing these thoughts into actions and results. Repetition is needed to reprogram the mind and focus on things that are meant for a positive outcome. As the mind is rebooted, Sheila is empowering people to do what needs to be done to achieve rapid success.

Self-care is an activity that Sheila believes is a necessity for all women. A successful reboot requires a balance between physical, mental, and emotional health. She recognizes that most women no longer have time to care for their well-being as they struggle in balancing family and career life. With Sheila's consulting groups and free support community, she is making an impact by giving others the avenue to express themselves and realize the support they need to finally reach their goals.

Sheila is committed to empowering women. With her community, *The Sheila Mac Show* podcast, and *Bootstraps & Bra Straps* book, she is determined to reach out to all women who want to reinvent themselves and live their best life.

To learn more about Sheila Mac, visit her [website](#). You may also join her [Facebook Community](#) to learn more about how she supports others.

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