

Hi my name is Belinda Godfrey.

I started my journey as a Sage Woman Warrior at the age of 15 when my parents got divorced and my mom, sister and I were left homeless. I learned that struggles make you stronger and the only thing that could stop you from succeeding in life is yourself and your mindset.

Since then I have encountered many struggles in my life but with the grace of a woman I conquered them all. I made it through high school with one set of clothing (which we left our home with one scary night), got a full-time job (which I lied about my age to get), and gave my mom my entire paycheck so that we could make it on our own. As hard as these times were, it made me the strong woman I am today. I studied hard, went to school full-time, worked full-time, and put myself through college. I started college with a 6<sup>th</sup> grade level of reading and was totally disgusted in MYSELF; as I felt I was the one to blame. With much guidance and many struggles, I received my Associates Degree from Miami Dade College. It was one of the most empowering moments of my life as this taught me I can accomplish anything if I set my mind to it. Since there was no stopping me after that, I continued my education and received my Bachelor's in nursing from the University of Miami, and my Masters and Doctorate from Florida International University. Along this journey I was blessed to be guided, empowered, and mentored by amazing professors, preceptors and mentors that I would describe as Sage Woman Warriors.

Today I am a Pediatric Nurse Practitioner with almost 30 years in pediatric practice, and a Professor for Masters and Doctorate Nursing students at Florida International University. I am a mother of two wonderful young adults, a wife for almost 25 years, and a caretaker for my mother. I am a teacher at heart and try to find any way possible to pay forward those blessings that were bestowed upon me by other women along my journey.

My goal with our retreats is to provide you with the tools and knowledge you need to reach your optimum potential. Reaching these goals can take time and require multiple facets. I will teach you what your body and mind need to support your efforts nutritionally and then we will develop a plan to meet your unique lifestyle needs. Along with the retreat, The Sage Woman blog will continue to provide information for daily living to help keep you on the right track.

I want to humbly thank you for letting me be part of your journey and I wish you success, health and blessings.

Dr. Belinda A Godfrey, DNP, APRN, PPCNP-BC