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Vivian Meraki

Unshakeable Parenting
Canada

You can have it all – if you don't leave yourself behind

Abstract:

The phrase “You can have it all – if you don't leave yourself behind” emphasizes the importance of self-care and prioritizing one's own well-being while pursuing goals and supporting others. It suggests that true success and fulfillment come from a balanced approach where personal needs are not neglected in the pursuit of external achievements or the needs of others.

Biography

Vivian Meraki, is a parenting expert, human connection speaker, and the founder of Unshakable Parenting. As the author of Parenting through Divorce, she equips parents to build emotionally secure relationships with their children during and after separation. Drawing from her background as a former corporate leader with the United Nations and health-tech startups, Vivian transitioned from burnout to become a certified trauma-informed and somatic coach. Her work focuses on helping parents break generational cycles and establish unshakable bonds within their families.