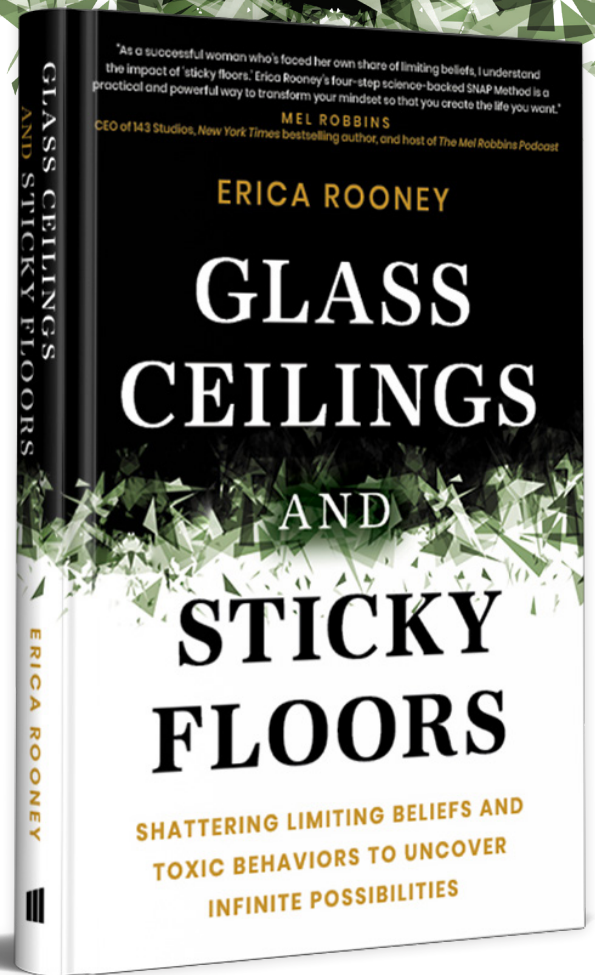


# GLASS CEILINGS AND STICKY FLOORS

SHATTERING LIMITING BELIEFS  
AND TOXIC BEHAVIORS TO  
UNCOVER INFINITE POSSIBILITIES

“...A practical and powerful way  
to transform your mindset so  
that you create the life you want.”

—MEL ROBBINS,  
*New York Times* bestselling author and host  
of *The Mel Robbins Podcast*



From Keynote Speaker,  
Executive Coach, and Sticky-Floor Survivor,  
**Erica Rooney**

November 12, 2024  
\$28.00 US  
ISBN: 9781637559444

Press Contact: Lindsey Dunn, Publicist |  
Amplify Publishing Group  
lindseyd@amplifypublishing.com | Ph: 703-634-9762

[www.ericandersonrooney.com](http://www.ericandersonrooney.com)

# ABOUT GLASS CEILINGS AND STICKY FLOORS

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**Women face unprecedented challenges in the workplace and find themselves staring up at the glass ceiling.**

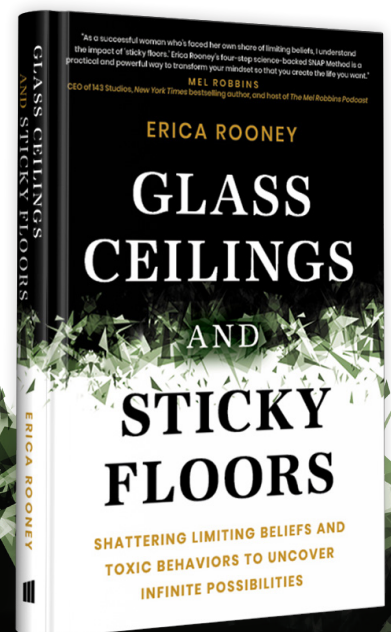
But what if it wasn't the glass ceiling that was holding you back . . . but rather your own "sticky floors"—those limiting beliefs and toxic behaviors that are within your control?

Erica is a sticky floor survivor. As a high-achieving ceiling breaker and C-level leader, she masked her struggles to everyone around her—even herself. From feelings of being an impostor to using wine to cope with burnout, it wasn't until she was faced with the shocking reality that she could lose everything that she stared down her deeply held beliefs about being a "perfect" wife, mom, and executive. Ultimately, Erica was able to snap out of her sticky floors and find fulfillment, and uses her stories to help other women navigate their paths to success.

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"With raw authenticity, *Glass Ceilings and Sticky Floors* explores the unseen barriers that hold women back, offering a road map for personal growth. Erica's story is a rallying cry for every woman seeking to conquer self-doubt and redefine success on her own terms."

—TRICIA MONTALVO TIMM,  
author of *Embrace the Power of You: Owning Your Identity at Work*



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# MEET ERICA ROONEY

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**Erica Rooney** has over fifteen years of experience in varying areas of human resources, employee engagement, health and wellness, and employee experience. Her passion lies in elevating the employee experience through a holistic approach: focusing on growth and development, connecting passion with purpose, and aligning careers with core values. She lives in the Research Triangle Park area of North Carolina with her family.

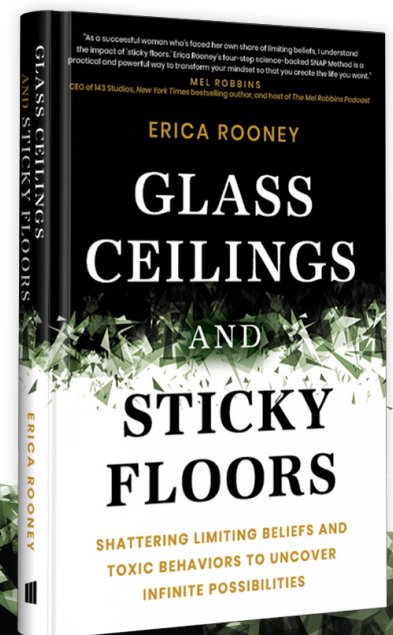
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**Erica Rooney is available for interviews, features, events, and appearances.**

## TOPICS ERICA CAN SPEAK TO

- Breaking free from limiting beliefs to achieve success
- Maintaining high-achieving excellence while avoiding burnout
- How organizations can rethink engagement to cultivate belonging
- Gaining employee trust to cultivate and create a winning culture



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