

## AUTHOR SHOWCASE



# BEAUTIFULLY OVER IT

Dr. Celina Peerman has spent her career helping leaders and teams navigate change, resilience, and the very human side of work. With her book, *Beautifully Over It*, she offers a reminder that sometimes the most powerful breakthroughs happen not when we push harder, but when we choose to pause, release, and find the beauty in letting go.

In this special feature, Celina shares her “Beautifully Over It Moment” — a story of renewal and perspective that invites us to rethink what it means to show up fully, even in seasons of stress or overwhelm. Her voice is both practical and deeply human, reminding us that resilience is less about perfection and more about presence, hope, and courage.

There came a point when I was just done. Not in a dramatic way, not even in a breaking point kind of way—just deeply, quietly done.

I was sitting in my office, surrounded by notebooks, travel itineraries, and projects that had all begun to blur together. I had been pushing through a long stretch of work that I loved, but it felt like I was constantly sprinting toward a finish line that kept moving. For someone who helps others navigate change and burnout, that realization came with a sting of irony.

That afternoon, I didn't make another list. I didn't open another file. I simply stopped. I looked around and said out loud, "I'm over it."

Those three words landed differently than I expected. They didn't sound like surrender—they sounded like relief. It wasn't that I was over my work or the people I serve; I was over the relentless striving. The constant reaching. The need to prove I could handle it all.

For years, I'd built a career on helping leaders and teams grow stronger through change, resilience, and the human side of work. But in that quiet moment, I realized I'd spent less time honoring my own humanness. I had been measuring progress by speed and output, not by peace or presence.

So I gave myself permission to pause.

And in that pause, something remarkable happened: the noise began to clear. I started to see beauty in what I had been avoiding—the endings, the transitions, the uncertainty that comes before something new. It wasn't about giving up. It was about letting go of what was finished so I could make space for what was next.

That moment became the seed for Beautifully Over It. It began as notes scribbled on plane napkins and in the margins of meeting agendas—tiny reminders to myself that the goal isn't perfection, it's presence. It's not about avoiding the hard parts, but finding grace in them.

Being "beautifully over it" isn't about bitterness or burnout. It's about releasing what no longer serves you so you can fully return to what does.

## **It's recognizing that strength doesn't always roar—it sometimes whispers, "Rest now."**

Over the last few years, I've watched this message resonate with leaders, teachers, parents, and professionals across so many walks of life. We are collectively tired of being told to hustle harder, to do more with less, to smile through the strain. Yet beneath that fatigue, I see incredible courage—people who still show up every day, even when their hearts are heavy.

In my work, I remind leaders that resilience isn't about bouncing back; it's about integrating what you've learned along the way. Growth doesn't mean pretending you're fine; it means being honest about where you are, and allowing yourself to be shaped by the journey.

When I'm standing in front of a room full of people, I sometimes pause and ask them, "What if being over it is actually the beginning of something better?" That question usually draws a knowing smile, or a sigh of relief. Because we all know that moment when we realize something has to change.

And that's where transformation begins.

### **A Quote to Live by**

**"You don't have to hustle to be whole."**

(From Beautifully Over It - The Myth of Busy (and Other Lies I've Believed))



To be beautifully over it is to choose peace instead of pressure. It's to walk away from what drains you so you can move toward what sustains you. It's deciding that the world doesn't need your exhaustion—it needs your wholeness.

I'm still learning this every day. There are times I slip back into old habits of rushing, proving, or trying to hold everything together. But then I remember: being over it doesn't mean I've failed. It means I'm awake enough to notice what no longer fits, brave enough to release it, and wise enough to keep growing forward.

We can't control every storm, but we can decide who we'll be inside it. We can't stop uncertainty, but we can anchor ourselves in grace.

That's the heart of Beautifully Over It. It's not about having it all figured out. It's about finding beauty in the middle of the mess, and realizing that sometimes, the most powerful act of strength is simply letting go.

## 1 In one line, what does it truly mean to be beautifully over it?

It means releasing what no longer serves you—with grace, not guilt—and choosing peace over perfection as you move forward.

## 2 Who did you write this book for — and what do you hope it unlocks for them?

I wrote this book for the ones who carry so much—the leaders, caregivers, and quiet doers who keep showing up even when they're exhausted.

I hope it unlocks a gentler way to keep going, one rooted in self-trust, rest, and the beauty of becoming rather than performing.



## 3 When life feels heavy, what's one small practice you use to reclaim calm and courage?

I step outside and look up. Even for a minute, seeing the sky reminds me that the world is bigger than my worries - and that I can start again, one breath at a time.

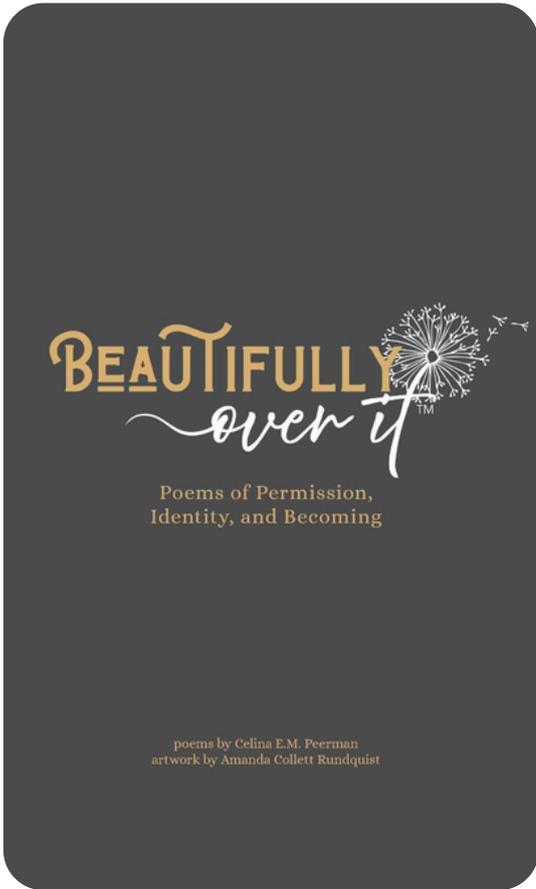
## 4 Can you share a story — your own, or from a reader — that captures the heart of this book's impact?

Readers tell me it feels like I've borrowed their words—that the pages say what they've been thinking but hadn't yet spoken aloud. One told me she read a passage at work, closed the book, and whispered, "Yes, that's it."

That moment of recognition—that exhale—is exactly what I hoped the book would offer.

## 5 If Beautifully Over It leaves behind one lasting legacy, what would you want it to be?

I hope the legacy is that my daughters and anyone who's ever felt unseen will finally feel permission to stop pretending and start reclaiming who they are. You belong here, just as you are.



**Dr. Celina Peerman, Ph.D., SHRM-SCP, CSP**, is an organizational psychologist, speaker, and author who has spent over 30 years helping leaders and teams navigate change and the very human side of work. Known for her energy, humor, and heart, Celina brings practical insight and authentic connection to audiences around the world.

Her latest book, *Beautifully Over It*, is a collection of poems and reflections on resilience, release, and renewal—offering readers permission to pause, breathe, and begin again. Whether on stage, in conversation, or through her writing, Celina’s work centers on one goal: creating spaces where people can grow, heal, and lead with purpose.

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