



FIERCE WEDNESDAYS

Hey FIERCE Mama,

Welcome to the FIERCE Wednesdays newsletter, where I provide weekly tips to help burned-out moms find purpose and love life. I do this every other week through my FIERCE methodology, which you can read in four minutes or less. Each tip will fall into one of my six-step FIERCE methodology steps. Click [here](#) to learn more about the FIERCE methodology. The weekly tips also come through the podcast episode guest highlights on alternating weeks.

In today's FIERCE Mothers' Podcast episode, I had a lovely conversation with Dr. Adaku Onokogu.

As a leading internal care physician, Dr. Adaku Onokogu is interested in helping patients throughout Silver Springs and greater Washington D.C. achieve overall health and wellness.

Whether performing a general consultation, annual physical, or dealing with an illness, Dr. Onokogu gives her patients individualized treatment plans that work with their lifestyles.

Adaku graduated from Upstate Medical University, State University of New York.

She is Board-certified in Internal Medicine with a thriving medical office in Maryland.

Dr. Onokogu has worked as a Hospitalist at a Maryland Hospital for the past 16yrs where she also serves on the Ethics Advisory Council.

Medical Advisor for the Chief S.E. Onokogu Foundation, which provides free medical care to rural communities in Nigeria.

Both a member of the American College of Physicians and winner of the Jack D. McCue Award for excellence in geriatric medicine, Dr. Onokogu is a renowned and dynamic practitioner. She is fully committed to the field of internal care and can be seen volunteering on medical mission trips worldwide.

When not practicing medicine, Dr. Onokogu enjoys traveling, reading, and spending time with her children and tight-knit extended family.

We have an honest [conversation](#) about resilience, bouncing back from life's troubles, perspective about failure, and the poem "Who Am I Not to Be?"

If you would like to listen to this episode, please click [here](#).

Can you think of someone who may benefit from these positive weekly words of encouragement? Please forward this email along.

Was this email forwarded to you? [Sign up](#) to receive your weekly dose of encouragement and motivation in your inbox.

Do you think this email was helpful? Please reply and let me know. I read every email.

QUOTE OF THE DAY

"The greatest glory in living lies not in never falling, but in rising every time we fall." - Nelson Mandela.

Stay FIERCE. I love you,

Ugochi

FIERCE Mothers teaches burned-out mothers of vision to find significance and fulfillment through their unique assignment.

Would you like to learn more? Click [here](#) for a quick call.

Episode 61

Click to Listen



EPISODE 61

DOCTOR'S RX FOR
RESILIENCE: BOUNCING
BACK FROM LIFE'S TUMBLES

Whenever you're ready, there are two ways I can help you:

1. The FIERCE Catch Fire Kit - The kit is [available!](#) What if you could be the mother your family needs without putting your dreams on the back burner? Your goals still matter; going after them is possible without neglecting your family. I'll show you how. Your purchase makes a difference! 15% of all bundle proceeds go toward my non-profit project helping vulnerable children in Nigeria. Click [here](#) to learn more.

2. If you would like a more customized and personalized approach, it would be my absolute pleasure to work with you 1:1. Reply to this email or [book a call](#) and let's [chat](#).



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