


PAMELA POWER, M.S.

Author | Mindfulness & Meditation Facilitator | Certified HeartMath Mentor | Creator of Love EmPowered



Pamela Power is passionate about health and happiness, and not the kind that the world dictates, but rather the kind that stirs from within. As a family wellness advocate, mindfulness facilitator, Certified HeartMath Mentor, and author of the forthcoming self-empowerment book for teens titled, *Love EmPowered You: Discover Your 11 Inner Superpowers*, Pamela helps people see and embrace their inherent beauty, unique qualities, and gifts that are often overshadowed by messages from the outside world, and in the process, develop a strong sense of self-love and self-worth that becomes the foundation for them to experience health and happiness that radiates from the inside out.

With a degree in Psychology, Pamela began her career working as a counselor for children. Since completing her masters degree in Health & Wellness Promotions, she's worked as a certified personal trainer, lifestyle interventionist, health coach, and mindfulness and meditation facilitator. She recently completed her certification as a HeartMath mentor and is interweaving her passion for helping people experience heart-centered health and happiness into all of her work.

Pamela's passion for healthy living began after a personal experience that empowered her to heal her decade-long struggle with body-image issues, emotional eating, insecurity, and loneliness. After becoming a mother, she gained greater insight into the importance of living a lifestyle that not only promotes physical health, but emotional and spiritual health. As her journey to inward healing continued, motherhood brought a new vigor and drive to her cause. Watching children experience similar struggles as she did gave her life a new layer of meaning and purpose.

With her drive to empower kids who struggle with self-worth as well as body image and emotional issues and her charge to support moms to be their much needed-role model, Pamela founded Love emPowered to help create healthy, happy families where self-love—versus health or body weight—is the motivator with overall health and wellness becoming one of many outcomes.



Love EmPowered You: Discover Your 11 Inner Superpowers

Pamela's forthcoming book, *Love EmPowered You: Discover Your 11 Inner Superpowers*, is a spiritual self-help book that teaches teens about the eleven powers they have been gifted; ones that live within them and are tools that empower them to support their long-term whole health and happiness.

The interactive book blends educational insights with relatable, personal stories as well as supportive practices, journaling prompts, and affirmations to help readers integrate the core principles into their life. Pamela's intention is that this book becomes one that readers will turn to again and again, as it is her goal to educate, inspire, and empower her readers.



"Her perspective and activities around mindfulness have been hugely impactful. Through her calm presence, she taught me how to effectively meditate to stay grounded, practice positive nutritional choices within a hectic schedule, and implement small changes to help me be more present, patient and purposeful in managing my day."

— Andrea Eshenbaugh

Collaborate with Pamela

Invite Pamela to share her message with your group, team or organization. Some speaking topics include:

Your Subtle Superpowers: The superpowers Pamela uncovers aren't ones read about in comic strips. Instead, she uncovers our subtle inner superpowers, the ones that provide each person the ability to be wholly and uniquely them, and fulfill the life they are called to do.

Being Emotional is a Gift: Emotional sensitivity is most often viewed as a weakness, rather than a strength. This is true for both genders, but more often for women. Pamela offers a way of perceiving our emotional nature as a gift to be embraced, rather than suppressed. She also offers insights and tools to build self-awareness, emotional resilience, and personal growth.

You Matter, Too: Women have grown up seeing their mothers and grandmothers take care of everyone else's needs at the expense of their own health and happiness. In her quest to support the long-term health happiness of children, Pamela helps women overcome their *self-care is selfish* mindset and embrace that self-care is self-less, empowering mothers to become the role model their children need and deserve.

I don't need to become beautiful. I AM Beautiful: Females are under more pressure today than ever to look a certain way in order to fit the mold that society deems is "beautiful", compromising their self-worth and self-esteem and often leading to body-image issues and self-sabotaging lifestyle habits. Pamela helps tweens, teens and young women develop a healthy, loving relationship with themselves and their bodies by strengthening their self-worth and self-love.

