



Joan Maiden



Transformation~the Warrior Way™.

Helping women with *huge* life obstacles achieve weight loss, energy, vitality, self-confidence, greater quality of life, and health.

"Disease and disability do not have to be a normal part of the aging process." –Joan Maiden

Nothing is as frustrating as reaching a point in your life where you feel stuck on a downward path.

Joan Maiden, nationally known and sought after speaker and renowned coach arose onto the speaking scene after helping her friend overcome all odds of a lifetime of obesity and immobility, to live her dream of moving to the beaches of California and owning her own business. (Here physical therapist said she'd never walk again.)

This is transformation the Warrior Way™!

It is when women find themselves standing in front of seemingly insurmountable hurdles that they call on Joan for her wisdom, her understanding and compassionate coaching.

The Warrior Way™ is for any woman who wants to be strong ... strong in body, strong in mind, and strong in spirit. Joan's clients are women of all ages, even over 70 and 80 years old.

Joan's powerful presentations will introduce your audience to the benefits of finding their power and strength. They will come away with the tools to forge their own powerful weapons to overcome the challenges of aging.

"Why a warrior?"

Because a warrior lives and acts with great strength, integrity, and commitment. A warrior has ignited the courage within. She can face her toughest emotional challenges and break the old patterns." ~ Debbie Ford

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Joan is a contributing author "Overcoming Mediocrity, Vol II" and author of the forthcoming book: "From Wimp to Warrior: A Woman's Journey of Transformation"

Real Life Transformations from Joan's Presentations

"I enjoyed Joan's presentation so much. Just the boost I needed. I'm signing up today! (Two months later). Thanks so much Joan, you really inspired me. Now I can do weight training and swimming, Yoga, and Body Flow classes..." Hugs, Janice

"Awesome message! I am motivated to do more weight strengthening."

Joan Maiden (is) an engaging speaker, coach, and all around amazing woman. As the founder and transformative force behind MPower Coaching, Joan brings an empowering message of health and fitness that everyone should hear.

Topics that Transform

Your Secret to Staying Young Forever, the Warrior Way

In this powerful presentation learn what happens as you age and how to reverse the process and stay young, retain or reclaim your energy and vitality.

The Warrior Way Magic Formula for Success

Learn how to build self-confidence and the capability to live with greater purpose and passion and reach your potential.

From Wimp to Warrior: Transformation, the Warrior Way

In this presentation you will discover the one secret weapon for reclaim your personal power and enhance your health, wellness and vitality when experiencing the challenges of aging.

**Book Joan for
keynotes, half-day &
full day programs.**

