

Media Kit for Joan Maiden

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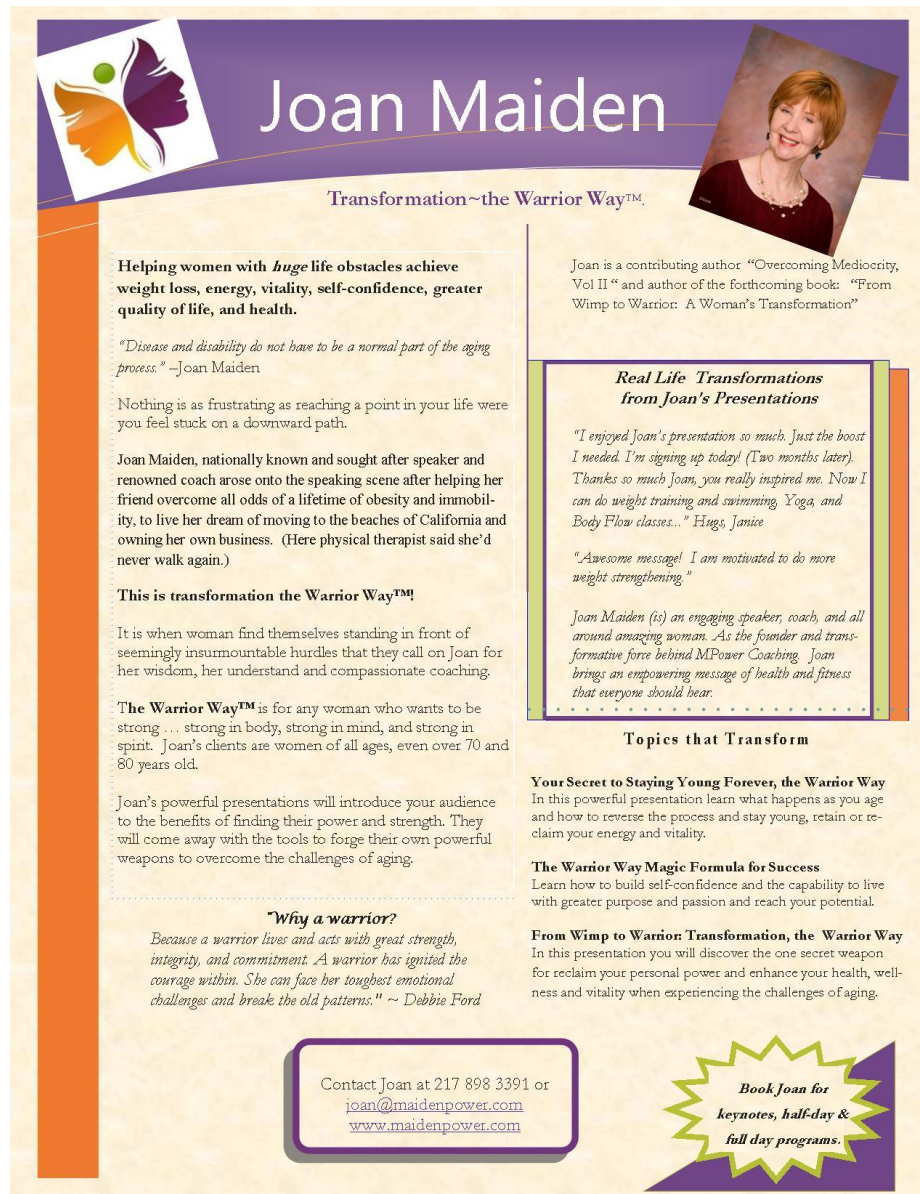
Web: maidenpower.com

BIO

Joan has been middle-aged, overweight housewife. In her forties she decided to take control of her life and become healthy. She joined a gym and started making fitness and health an important part of her life.

Changes on the outside facilitated changes on the inside. As transformations took place in her life, she had a desire to help others take charge and change how they age.

SPEAKING



The media kit features a purple and orange color scheme. At the top left is a logo of a stylized butterfly with orange, yellow, and purple wings. To its right is a portrait of Joan Maiden, a woman with short blonde hair wearing a dark top. The name 'Joan Maiden' is written in large white letters across the top. Below the name is the tagline 'Transformation~the Warrior Way™'. The kit is divided into several sections with text and quotes.

Joan Maiden
Transformation~the Warrior Way™

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

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

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.

Contact Joan at 217 898 3391 or joan@maidenpower.com www.maidenpower.com

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

PUBLICATIONS



["Kick Aging" June 2014](#)

["Steps to Becoming Fall Proof" July 2014](#)

["Loosen Up" October 2014](#)

["Let's Talk Dirty" December 2014](#)

["Six Steps to Turn Back the Clock This Year" January 2015](#)

["New Senior on the Block" February 2015](#)

["Fit or Frail" March 2015](#)

["What's Your Five Year Plan" May 2015](#)

["Six Treadmill Safety Tips" June 2015](#)

["Die Young—At a Very Old Age July 2015](#)

["Be Wonder-Full" August 2015](#)

["Poop on the Path" September 2015](#)

["Your Body: Asset or Liability" –October 2015](#)

["Gratitude or Guilt" – November 2015](#)

["Core is Key" January 2016](#)

["Tyranny of the Birth Certificate" February 2016](#)

["Rock On" April 2016](#)

["The Miracle Drink" May 2016](#)

["Build Your Brain" July 2016](#)

["What's Your Why" September 2016](#)

["3 Secrets to Becoming Strong" October 2016](#)

["The Difference a Pound Makes" December 2016](#)

Overcoming Mediocrity Vol. II



Opening the door to a gym changed Joan Maiden's life and the life of countless others. Read about the other doors that she opened and the life changing outcome that each new door presented.

Fabulous Over 50



"Diet in Shining Armor"



Joan's Certifications

- Professional Member, Engaging Speakers
- Certified Healthy Behaviors Coach, Cooper Institute, Dallas Texas
- Certified Personal Trainer, American Council on Exercise
- Certified Lifestyle Weight Management Counselor, American Council on Exercise
- Certified Trainer, Balance, Stability, Mobility and Conditioning for the 50+ Adult, SCW