



**M-POWERING PEOPLE TO DISCOVER THEMSELVES & ACHIEVE THEIR DREAMS!**

## **ABOUT MELINDA ZUPANIOTIS**

For over 11 years, I have been helping people find a way to achieve their dreams and goals and now I am excited to be able to provide my Coaching services through M-Powerment. While I have always been a person who people have been able to talk to, it's been my listening skills and my ability to read between the lines and hear what's not being said that has brought about the success of those whom I've helped. I also pride myself on being an efficient coach, in that I have the knack of leading my clients quickly to the answers they need, saving time and allowing the client to move through the coaching process at a faster rate than most, i.e. allowing the client to reach the desired goal sooner.

M-Powerment was born in 2003 after I'd had careers in other areas. I spent 5 years as a Talent Agent in New York City where I worked with over 3,500 actors, helping to guide them toward a lucrative career in an extremely difficult industry - with some incredible success stories! Additionally, I was an Advertising Account Executive where I managed accounts that included Lipton, British Telecom, and FMAC finance, and before that, I ran a not-for-profit PR and Ad agency, working with up-and-coming talent in NY and Los Angeles and small, local businesses in Alexandria, VA. Finally, for 2 1/2 years, I served as a true right-hand to a CEO of an internet company where I helped him manage his complex schedule, provided solutions for him to balance his work life and his family life, acted as a sounding board for new ideas and helped him create execution plans for these ideas while still prioritizing his lengthy to-do list.

As a result of my work with the CEO and my vast history of helping others accomplish their aspirations, I was encouraged by many to bring these solutions to a greater audience and start my own private coaching practice. I realized that helping people on a greater scale was in fact MY dream, and I saw that dream come to life when I opened up shop with M-Powerment.

I have a bachelor's degree from the University of Connecticut at Storrs and am a graduate of the Coach Training Program at CoachU, one of the first and most highly regarded institutions for coach training in the world. I am also a member of the Golden Key National Honor Society, an alumnus of Pi Beta Phi Fraternity and a dual citizen with the USA and the European Union.

In addition to my coaching work, also enjoy speaking and writing about topics on which I coach, including, but not limited to self-esteem, self-care, love and relationships, priorities, personal foundation, assertiveness, work/life balance, goal strategy and general keys to happiness. These issues and more will also be the topics of my upcoming weekly podcasts that will be available soon through [www.m-powerment.com](http://www.m-powerment.com)! I am also currently working on a series of books about self-esteem for pre-adolescents and frequently contribute lifestyle articles to various media outlets.

I live in New York City with my boyfriend, Tony, and our two rescued pit bulls, but thanks to telephones and the Internet, I've had the honor of helping ordinary people all over the world accomplish extraordinary things!

You can find out even more about me by exploring my website at [www.M-Powerment.com](http://www.M-Powerment.com).