

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

ATTENTION MEDIA PROFESSIONALS!

- ARE YOU A WRITER, PRODUCER OR EDITOR?
- LOOKING FOR A FRESH, EXPERT VOICE TO SUPPORT YOUR STORY?
- REQUIRE A DIFFERENT PERSPECTIVE TO BALANCE OUT YOUR VIEW?
- NEED A QUOTE OR CASE STUDY TO ADD FLAVOR TO YOUR PIECE?
- WANT A FUN, PROFESSIONAL RESOURCE YOU ENJOY WORKING WITH?

CALL ON ME!

My name is MELINDA ZUPANIOTIS and I am a Life Coach and Lifestyle Expert.

For over 11 years, I have been passionate about helping ordinary people achieve extraordinary things. I work with people to identify and attain their goals and show them how to create happiness and balance in their lives. Now in private practice, I hope to use my skills and experience to help a wider audience. If you are working on a project and would like to add an innovative angle, I am available to lend my experienced opinion, insight and advice.

Use Me As a Resource:

No matter the topic, if it's about Life, I have thoughts to share with you. But here's what else you get with me as a resource:

- **Well-versed in all media:** I'm relaxed in front of a camera, at-home behind a mic and, as a published writer, I know how to relate to your readership & concisely make a point.
- **Consummate professional:** Punctual, prepared, pleasant and presentable.
- **Personality:** I'm fun and approachable with an outgoing, dynamic personality and infectious smile. People are attracted to my endless positive energy, my intuitive, understanding ear, and my thoughtful, logical & successful solutions.
- **Honesty:** Educated opinions, constructive suggestions and direct answers with tact. I call it like I see it and have no motivation other than to help.
- **Integrity, Credibility, and so much more!**

My media kit, including picture, bio & topic list, is available on the Media page at M-Powerment.com, or use the contact info below for immediate help.

TOPICS & SPECIALTIES:

I am experienced & knowledgeable on a wide-range of topics:

- Finding love or ending a relationship.
- Handling holiday stress or finding time to de-stress.
- Living well on a budget or asking for a raise.
- Raising your self-esteem or raising your standards.
- Finding your dream job or creating your dream life.
- Discovering what you want or rediscovering your smile.
- And more!

I also **specialize** in a few topics that are near and dear to my heart:

- Weight issues
- Self-Esteem / Body image
- Finding love / Keeping love
- Leaving Toxic Relationships
- Self-Care
- Work/Life Balance
- Personal Foundation
- Asserting Yourself
- Uncovering Your Needs & Wants
- Achieving "Impossible" Dreams



MELINDA ZUPANIOTIS, LIFE COACH

WHAT THE MEDIA IS SAYING:

CFO Magazine

"Coaches have the ability to view things from afar...and shed new light on difficult situations. Often they act as a sounding board through tough decisions, help sharpen skills and motivate."

Newsweek

"Part consultant, part motivational speaker, part therapist, and part rent-a-friend, coaches work with managers, entrepreneurs and just plain folks, helping them define and achieve their goals - career, personal, or most often, both."

WHAT THE CLIENTS ARE SAYING:

Rhonda A., Pittsburgh, PA:
"Whenever I need to make a decision, I don't make a move without asking Melinda for her advice and guidance. She helps me solve my issues by asking me the questions I am too scared to ask myself. The answers to all of our questions are within us, and Melinda helps bring them to surface. And, not only is she my coach, she is a great friend, too."

Barbara P., Nashville, TN:
"Melinda has a way about her that gives one the feeling they can shoot for the stars. She can point something out to make you see a situation differently than you were seeing it which can turn it around and make it positive instead of negative."

Laura K., Greenwich, CT:
"Melinda has a truly special gift of being able to cut through the fog, helping you focus on the core of any issue you might have and she is unconditionally devoted to helping you work with your own talents and gifts. She has developed a step-by-step process to help you discover the path that will define and ultimately discover your passions and fulfill your goals."