

PAM THOMAS

**CERTIFIED COACH | SPEAKER |
AUTHOR | RUT-BUSTING
EXTRAORDINAIRE**



BIO

Pam Thomas, M.S., PCC, RMT is a rut-busting extraordinaire! With well over a decade worth of experience as a certified coach, Pam's passion is supporting entrepreneurs and leaders to own their epic-ness! To be epic and to do epic things in their world. * Busting through ruts (obstacles) + Daring to be different = EPIC-NESS*

Some of Pam's speaking gigs include motivational presentations for Standards & Poor, Arizona State University - University Career Women, Hewlett Packard, The Governmental Accounting and Standards Board, Arizona HR Call Center Association and Red Deer College.

She's also the host of "What The Rut!?" Podcast and former host of The Attraction Factor on Empower Radio. In addition, she's the author of three powerful journaling tools available on Amazon; The Epic Journal for the Entrepreneur, The Epic Journal for the Aspiring Leader & The Epic Journal for the Epic Person.

EPIC PRESENTATIONS

Breaking 4 Habits That Are Keeping You From Your Epic-ness

Our mind is an amazing tool, but it's also our biggest obstacle producer. In this interactive presentation we explore ways to break 4 habits that are keeping you from epic-ness. Habits like the comparison trap, analysis paralysis, being a square peg squished in a round hole, and starting the day off "doing" rather than "being".

You'll not only get some easy to use habit-breaking strategies, but you'll be ready to own your epic-ness!



Pam has changed my life! She has helped me navigate through so many difficult situations and has given me the tools and strength to meet life head on. I am happier and more confident than I ever have been before. Pam has taught me so many incredible things and working with her is a blessing.

- Laura Fowler

Top 10s to Becoming A Rockstar Leader & Entrepreneur

Imagine being the most sought after leader or entrepreneur in your industry. Sound cool? This interactive and engaging presentation offers Top Hit tips for being a total rock star in your own life and work; from choosing an awesome attitude to faking out fear, to letting go of the things that no longer work for you....and so much more!

You'll walk away ready to take center stage!

IN PAM'S WHEELHOUSE



Pam is a brilliant bright light who inspires others to shine their lights brightly. She is compassionate, committed and extremely talented. Her dedication to excellence is apparent in everything she touches. If you are ready to transform your life or organization, Pam is the woman who will guide you to success.

- Cassi Christiansen, MCC

Leadership Topics

- Leveraging your individuality to be an epic leader
- Effective ways to deal with difficult people
- Overcoming the mental mind F's that mess with your leadership
- Having difficult conversations with more ease
- Dealing with overwhelm to increase productivity
- Successfully impacting & navigating personal & professional change
- Strategies for successful team building & cohesion
- Cool practices for inspiring and motivating others
- Managing expectations; your own & others
- Being a modern day heretic and why that's cool

Entrepreneurial Topics

- Creating a thriving business by your own design
- Keeping up your mojo during business ebbs
- Creating your ideal client avatar to attract people who fit you and your vision
- How not to settle in your business or relationships
- Building up your entrepreneurial confidence muscle
- Using your epic-ness to create an epic business
- Discovering what makes you epic
- Leveraging your "WHY" to create sustainable success
- How to take your entrepreneurial vision and goals from paper to reality

[Listen](#) to Pam's other interviews & podcast appearances.

WAYS TO GET IN TOUCH



Pam has been an amazing addition to my personal and professional life. She has encouraged me to think BEYOND.....think ABOVE.....become PRESENT and most of all, she has assisted me in opening my mind to new possibilities. Thank you Pam for being exactly who you are!

- Dr. Angela Bremer, Chiropractor



(480) 744-7933



www.instagram.com/whatswithinu/



pam@whatswithinu.com



twitter.com/whatswithinu



www.whatswithinu.com



www.pinterest.com/whatswithinu/



www.linkedin.com/in/whatswithinu/