



# Gloria CARPENTER

EMPOWERMENT COACH | AUTHOR | SINGER | SPEAKER

## WHO IS GLORIA?

Gloria Carpenter is a certified DreamBuilder life coach, best-selling author of *Power Up Your Dreams! Moving From Self-Defeat to Self-Belief*, a motivational speaker, and professional singer in the New York area. She has always been driven to live a life she loves, which is why she is quick to encourage others to follow their dreams. Coming from a childhood of neglect and abandonment, Gloria knows all too well how inner wounds can cause people to get stuck in their tracks by their disempowering thoughts and actions. With her teachings and coaching, she shares what it takes to stay true to your own unique path and guidance to help you achieve your deepest desires!

## TALKING POINTS

- Choosing to live by design rather than default.
- 5 Key Questions to discover your passion and your most fulfilling career.
- Frequency techniques to know if your dream is worthy of your time and energy.
- The success formula chain you need to know about.
- Your uniqueness - what makes you, you?
- What is the compare and despair trap?
- How to make a marriage vow to yourself.
- Ways to get out of your own way.
- Simple, quick physical tricks to elevate your confidence.
- How Gloria's start in a hard knock life caused her to bottom out and reinvent herself.

*"Your true power is inside of you. It always has been and always will be. In Power Up Your Dreams, author Gloria Carpenter informs, motivates and inspires you to utilize all aspects of the mind-body-spirit connection to live your most joyful and fulfilling life."*

Mary Morrissey

Founder of Brave Thinking Institute  
International Speaker and Best-Selling Author of  
*No Less Than Greatness* and *Building Your Field of Dreams*

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