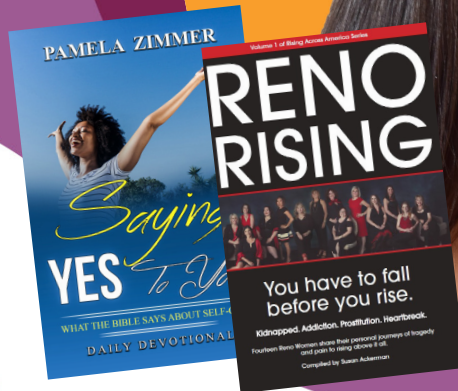


Pamela Zimmer

Author, Speaker, Mentor and
Your Self-Care Concierge

Shamelessly Championing for Your Self-Care

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Pamela shares from her heart and life experience and she gives simple-to-implement action steps to help anyone improve their productivity or take it to the next level. – **Ly Piper Smith, Founder B2B Matched**

Pamela is a movement. She 'gets' people, has incredible intuition, asks the most relevant questions and results just flow. Pamela is like magic with the most pure heart. It was so easy when it had been so difficult on my own. – **Jacque Busby, President, Founder & Luxury Travel Advisor**

Who knew? Self-Care is the Key to Being More Productive!

Do any of these sound familiar: You're SO busy, yet can't ever seem to get anything done; you're too busy to do anything for yourself; or, you know you're meant for more but not sure how to get there? If this is you, don't succumb to defeat! The answers to what you want are easier than you think!

In this session, Pamela will share with you:

- The 5 P's of Productivity and how they are each directly tied to a solid practice of self-care.
- The "5" critical elements you need to create PEACE in your life. (Isn't that really what you want?)

Self-Care Isn't Selfish

Are you tired of feeling guilty when you're not with your kids? Do you shudder at the thought of taking a moment for yourself? Pamela Zimmer will show you how to take charge of your happiness by putting yourself first. Sound selfish? To the contrary, learning to practice self-care is one of the most loving, giving things you can do for your family, your work, and ultimately, the world.

In this session, you will:

- Learn the 4 core areas of your life guaranteed to bring you peace and balance.
- How to finally give yourself permission to start saying "yes!" to yourself first.

Professional Architect of 13 years turned Stay-at-Home Mom, thought-leader Pamela Zimmer — known as your "Self-Care Concierge" — helps professionals take care of themselves on every level (physical, mental, emotional and spiritual), so they can do what they were put on the planet to do. After 6 years battling severe Postpartum Depression, the biggest lesson she learned was about self-care. Today she is a multiple #1 bestselling author, sought-after international speaker and featured guest on countless radio shows, TV, podcasts, blogs and tele-summits, and the first to tell you self-care isn't selfish, it's essential.

As Seen On

