

Let a Voice of Experience Move Your Audience!

PAMELA M. COVINGTON

Speaker • Author • Advocate



As someone who escaped a stint of deep poverty through the pursuit of higher education, Pamela's passion is to encourage others to achieve their greater potential rather than adopt a sense of futility, even in the most troubled of times. She inspires audiences by sharing stories of her welfare struggle—and triumph, and offering personal strategies to help them move beyond their challenges.

With compassion, energy and humor, Pamela captivates audiences, inviting them to take more control of their own lives. Interactivity ensures participants walk away with the perception of what they, as empowered individuals, can achieve once they set their minds to it.

Recognizing the Power and Value of YOU

You Were Born an Odds Beater; Why on Earth Would You Stop Now?

You are capable of more than you realize. Are you imposing self-limitations? Minimizing your talents and skills is a bad habit. Understand the dangers of complacency and why you should face fear head on.

Winning One Day at a Time

5 Highly Effective Tools for Overcoming Adversity

Any job is harder to complete successfully without the right tools. Recuperating from a life crisis or adjusting to change is no different. Learn principles to incorporate into everyday thinking that will help build a strong foundation for recovery.

Setting Priorities That Work for the Long Term

Life: The Biggest Multiple Choice Test Ever

Life is all about choices, even more so when living in survival mode with low or no income. Instant gratification—what you insist on having right now—often takes away from more important future needs. Know how to see “the big picture.”

Dusting Yourself Off and Starting All Over Again

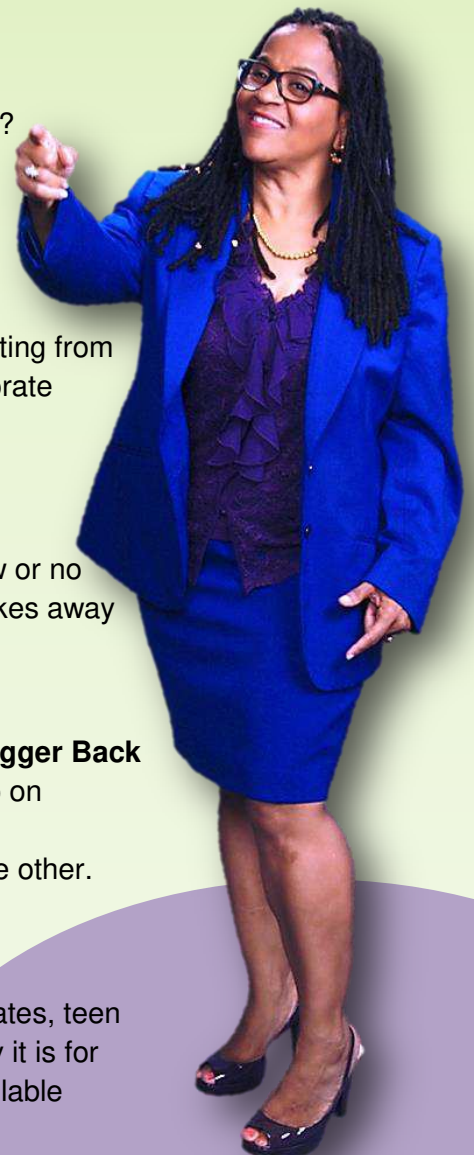
When Life Throws Something at You—Duck, Then Pitch Something Bigger Back

Yes, life happens, but you still have one. Pamela shares how she ended up on welfare, took time to assess her options and resources, and then set out to accomplish a most challenging personal goal, despite one obstacle after the other.

Building A Legacy of Family Literacy

The Family That Reads Together Leads Together

Statistics show strong correlations between welfare dependency, dropout rates, teen parenting, crime, and the inability to read. Discover how important and easy it is for adults and children to achieve literacy through a combination of readily available resources and everyday routines at home.



“Potential is not meant to be a permanent state.”

—Pamela M. Covington

SAMPLE PRESENTATION TOPICS

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About Pamela...

Pamela's previous career includes years as a journalist and a training instructor, but prior to her occupational successes she unexpectedly went from living a cozy, financially secure, middle-class lifestyle to that of a welfare recipient struggling below poverty level in crime-ridden, drug-infested neighborhoods. Shocked by the appalling circumstances encountered in her new life, she immediately committed to freeing herself and children from them.

Now on a mission to empower others, Pamela speaks on the topics of motivation, self-esteem, welfare independence, literacy, education, and more. Presentations range from keynote speeches to workshops for non-profit organizations, colleges, businesses, conferences and retreats. She also serves as both a poverty and literacy advocate.

Pamela has earned a B.A. degree in communications and M.S. degrees in management and human resources management. Hundreds of her articles have appeared in city lifestyle magazines, daily and weekly newspapers and corporate publications.

Remarks...

"Pamela's speech was very heartfelt and her passion to educate others through her experiences is so inspiring."

Chelsea Mandello, founder, Troopster Military Care Packs

"This voice of strength and power literally got me off my seat and drew me closer. She shouted out. We shouted back... and got it! This experience is IN my head now and will be there to remind me to do my best, focus on the positive and let the negative go."

Loretta M. Dunn, founding member, Working Class Karma/Virginia Art w. Heart

"It's so inspiring just to hear what's she's been through and who she is today and that's a lesson to us all."

Ashley Smith, traffic reporter-13 NewsNow, host of ABC13's Coastal Connections



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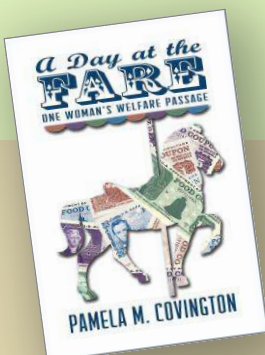


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AVAILABLE ON AMAZON

"A Day at the Fare: One Woman's Welfare Passage"

Read the story of Pamela's plunge into and emergence from deep poverty.