



Erin Mahoney

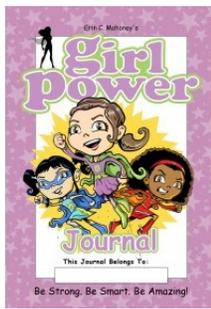
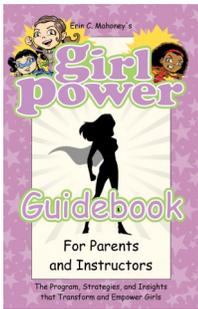
Speaker & Author

Erin has over 29 years of experience in the health and fitness industry since serving in the United States Air Force. She is a certified personal trainer and certified group fitness instructor with specialized certifications in yoga and kickboxing. Erin studied meditation, relaxation and stress reduction at the Center of Mindfulness at the University of Massachusetts Medical Center and Erin is the founder and creator of Girl Power Go the empowerment program designed to teach each girl that they can...

Be Smart, Be Strong, Be Amazing!

Girl Power Program

A program that encourages young girls to be strong, empowered, self-confident, independent and healthy! In this life-changing course girls learn important life skills and strategies, fitness and the power of positive thinking and action. These lessons are taught in a creative and fun way. This program is giving girls the tools they need to make good decisions in our ever demanding society.



Some topics that are covered as part of this empowerment program include:

- ◆ *The Power of You*
- ◆ *How to be a Good Friend*
- ◆ *Love & Kindness*
- ◆ *Healthy Eating Habits for Life*
- ◆ *The Importance of Rest*
- ◆ *Brave & Courageous—The Warrior Within!*

Best Seller
amazon.com

#1 in Five Categories

#1 in Children's Philosophy,
#1 in Parent Participation in Education,
#1 in Elementary School
#1 in Student Life,
#1 in Education Classroom Management

Developing Strong Women

The foundation of this program is built on Erin's personal belief that life is a journey and that we have the POWER to choose how we enjoy the journey. Erin's belief in the POWER of Positive Thoughts, Healthy Nutrition, Proper Rest, Proper Physical Activity and Deep Self Love bring her to this place where she MUST share what she knows and has lived herself. Transformation along with deep happiness and joy are possible for everyone!

Topics that will be included in this series are:

- ◆ *The POWER of Self Love*
- ◆ *The POWER of Sitting in the Pain*
- ◆ *The POWER of Forgiveness - First YOU, Then Others*
- ◆ *The BEAUTY of Navigating Relationships*
- ◆ *The POWER of Letting Go*
- ◆ *Vision Boards and Goal Setting that will have you feeling your Best!*



Book Erin for your next speaking event
Contact info
erin@girlpowergo.com | (781) 367-6163 | www.girlpowergo.com

Testimonials

Girl Power Go, LLC is an amazing program that has had such a profound and positive impact on our daughter's life. She is 8 years old and suffers from Generalized Anxiety Disorder, Social Anxiety Disorder, Sensory Processing Disorder and possible Selective Mutism. At home, she is outgoing, loud and active. However, school and social situations are extremely stressful for her and she often becomes paralyzed and unable to speak. It's as if she lives a double life. The beautiful, smart, strong and hilarious child we know at home struggles so much to get through everyday life and ordinary social situations. It is heartbreaking to see.

Recently, her 3rd grade teacher reported that she is gradually becoming able to participate in class, specifically during the morning meeting time when students are required to greet their classmates in a loud, clear voice. In the past, she would cry and hide her face. She eventually started to wave to the other students instead of hiding, and most recently has been able to vocalize her greeting to them and her teachers. Last week she even participated in an activity that required her to share something about herself. This might not seem like a big deal for most children, but for her it was a huge milestone.

Girl Power Go, LLC has been instrumental in helping her to gain confidence and to find her voice. Thank you from the bottom of my heart for helping her to recognize the strength, power and courage that we always knew was inside of her.

S.C. and K.C from Franklin, MA

"THANK YOU doesn't seem like a strong enough sentiment for my feelings after taking Erin's Empowering Women 6-week program! In just 6 weeks, I have learned more about myself and strategies for handling stressful situations than with 3 therapists over 10 years! Her open, honest approach to life really works! She is able to relate so many of her strategies to her own life's experiences and thus making it even more authentic and relatable. We learned several stress relieving strategies such as visualization, meditation, yoga and tapping and we even created vision boards of our future goals and dreams. I was hesitant to take time for this class and felt I had so many other things to do, however, it was so worth it. I'm still using the strategies and learning about myself and couldn't be happier! AGAIN, THANK YOU ERIN MAHONEY!" — Justine J

Thanks once again for a wonderful evening with our girls. They simply love you. We talked about what they learned and they talked on and on. You are doing really important work... motivator, role model, friend, teacher... we are blessed to have you in our girls' lives. — Anne C., RN BC MSN ANP, Nurse Educator



Erin is the founder and creator of Girl Power Go, LLC which is a fitness and empowerment company that serves girls and women everywhere! Her programs are specifically designed to teach, encourage and support girls and women as they discover their own power! In these life changing programs girls and women learn important life skill and strategies. They practice different types of fitness, relaxation techniques, mediation, tapping (EFT-Emotional Freedom Technique) and learn about the power of positive thinking. Girls and women learn how to take action by choosing courage over fear and how to love themselves and others more! Erin is the author of the Girl Power Guidebook and the Girl Power Journal. These books were created to spread the Girl Power Go message and mission of empowering girls everywhere! Erin offers business and personal development coaching. She is passionate about helping others discover their own bright light. Erin inspires and motivates people to step outside of their comfort zone, do what feels exciting, dream BIG and live a life that has positive impact on the world! She believes that people have the power to do great things. It's her purpose to help them get there!

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