



Erin C. Mahoney

Speaker / Author / Veteran
CEO and Founder
Girl Power Go, LLC.
www.girlpowergo.com



Be Strong.
Be Smart. Be Amazing!



GIRLPOWERGO



Erin (Geddes) Mahoney



Erin C. Mahoney

CEO AND FOUNDER GIRL POWER GO, LLC.

ABOUT THE AUTHOR

Erin has over 29 years of experience in the health and fitness industry since serving in the United States Air Force. She is the best-selling author of the Girl Power books that explain and accompany the Girl Power program: the Girl Power Guidebook for parents and instructors, and the Girl Power Journal for girls. She is a motivational speaker and empowerment expert. Erin is a certified personal trainer and 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 is the founder and creator of Girl Power Go, the empowerment company that is on a mission to empower girls and women everywhere! Erin recently published her third book, Positive Vibes for Women. When not speaking, training, signing books, or at Gillette Stadium watching her New England Patriots win, Erin is at home in Massachusetts raising her two sons with her husband.



ABOUT THE SPEAKER

Erin speaks at many conferences to educators, sports teams and open school assemblies on a variety of topics. Leadership, entrepreneurship and the POWER of realizing your self worth are among her favorites. She speaks with parents and students about how to help girls (all kids) realize the POWER that they have within and the POWER of developing a positive mindset! Some of the many topics she specializes in are teamwork, the POWER of self, how to be a good friend and how to take responsibility for ones actions. Erin teaches and presents proven strategies on how to be courageous and brave while being loving and kind. Erin is an expert and shares her experience and knowledge with groups throughout the country. As a motivational speaker Erin has helped thousands of kids and adults realize their own personal power through small shifts that lead to big change. She guides her clients and students through education and awareness to make daily choices that have a positive impact on themselves, others, their community and the world!

Custom presentations are available upon request.

Erin's clients include: Metrowest Conference for Women, Polka Dot Powerhouse, Public Libraries, Girl Scouts, Nichols College, Metrowest Chamber of Commerce, various elementary, secondary and high schools, universities and leadership organizations.



For more information, interviews, articles and to obtain books
Visit: girlpowergo.com Email: erin@girlpowergo.com Call: (781)367-6163



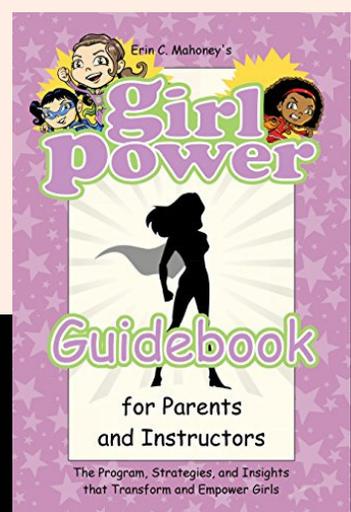
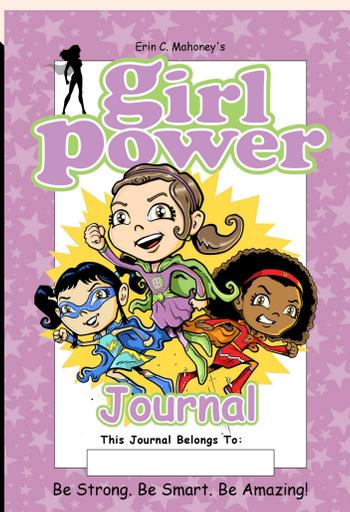
ERIN C. MAHONEY

Girl Power Journal & Girl Power Guidebook for Parents and Instructors

Possible Interview Questions

- There are many books written on Girl Power. How does your Girl Power Journal and Guidebook differ from those books?
- What or who was the inspiration for your book?
- Many people want to inspire and empower girls, why is empowering girls so important to you?
- What is each characters role in the book and how did you create them?
- Explain what one of the biggest change sthat you have seen in girls once they read your book or go through your program?
- In your book you talk about how to be a good friend. What key things can girls do to be a good friend?
- How do parents help their girls to be brave and courageous?
- What one thing or a tip can you give that parents or adults can use to support and inspire the girls in their life?
- Why just girls? Isn't there a need for this with boys as well?
- If a child is dealing with a mean person or bully type of situation, what advice would you give them?
- Physical fitness is such a key piece of your books and programs, why did you feel it was important to make this a key component?

Erin C. Mahoney is the author of Girl Power Journal, Girl Power Guidebook, the founder and CEO of Girl Power Go, LLC a company that inspires and empowers girls and women's everywhere. Erin uses her fun and energetic personality to get the Girl Power Go message to her audience. She uses a hands on approach to share techniques that her audience can use immediately. People leave her workshops and presentations feeling energized and educated. They learn how to empower themselves and others. Erin has worked with various schools, programs, and organizations including Girl Scouts of America.



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ERIN C. MAHONEY'S

GIRL POWER GUIDEBOOK

FOR PARENTS AND INSTRUCTORS



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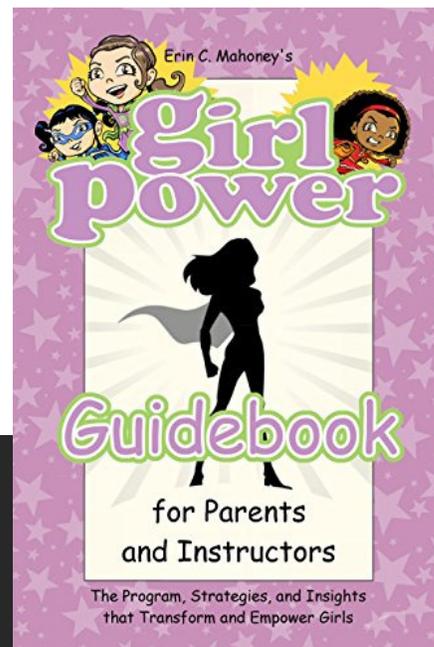
ABOUT THE GUIDEBOOK

THE GIRL POWER GUIDEBOOK, together with the Girl Power Journal give you all you need to deliver and get the maximum out of the empowerment program for girls between the ages of 8 and 13 taking the U.S. by storm! In this life-changing course that includes life skills, fitness, positive thinking, creativity and fun, girls get excited about being strong, self-confident, independent and healthy, giving them the tools they need to make good decisions in our ever demanding society.

"GIRL POWER WILL LAST A LIFETIME WITH ANY GIRL WHO GOES THROUGH THE PROGRAM. IT WILL LAST WITH THE PARENTS AS WELL, BECAUSE WHAT GOES ON ARE GREAT OPPORTUNITIES FOR DISCUSSIONS BETWEEN A PARENT AND A GIRL."

--SHERENE, MASTER'S DEGREE IN EDUCATIONAL PSYCHOLOGY

WHAT AN AMAZING TOOL FOR MOMMA'S OF LITTLE GIRLS! I CANNOT WAIT TO FINISH THE ENTIRE THING AND GO THROUGH IT WITH MY LITTLE GIRL! THINGS ARE HARDER AND HARDER ON KIDS THESE DAYS. LITTLE GIRLS PARTICULARLY FACE HARD THINGS! I WANT TO BE ABLE TO REALLY EMPOWER MY DAUGHTER TO BE STRONG, CONFIDENT AND GO FOR WHAT SHE WANTS. THIS BOOK AND WORKBOOK ARE A GREAT TOOL TO HELP ME GUIDE HER IN A POSITIVE DIRECTION!!!! I RECOMMEND THIS TO ALL PARENTS OF GIRLS AND EDUCATORS OF GIRLS!
— ASHLEIGH PETTIS



EXCERPT FROM BOOK

So many girls would never dream of loving their flaws. Immediately our minds go to beating ourselves up. "Oh how could I have done that? Why would I do such a stupid thing? I can't do anything right! I stink!" But I want girls to know that if you don't make mistakes you don't grow or learn. Every mistake is an opportunity to grow, to do

better, to show up in your beautiful light, in that power that you are meant to have and feel! This is the POWER of YOU in action! Own it! Decide who and where you want to be and GO THERE, embracing the flaws and mistakes, taking responsibility for all of your actions and loving the ride!

PRODUCT DETAILS

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Girlpowergo.com, Amazon.com
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stores) and various online book
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Genres: Children's Philosophy,
Parent Participation in
Education, Elementary School,
Student Life, Education
Classroom Management
Publisher: Girl Power Go, LLC
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Language: English



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ERIN C. MAHONEY'S

GIRL POWER JOURNAL

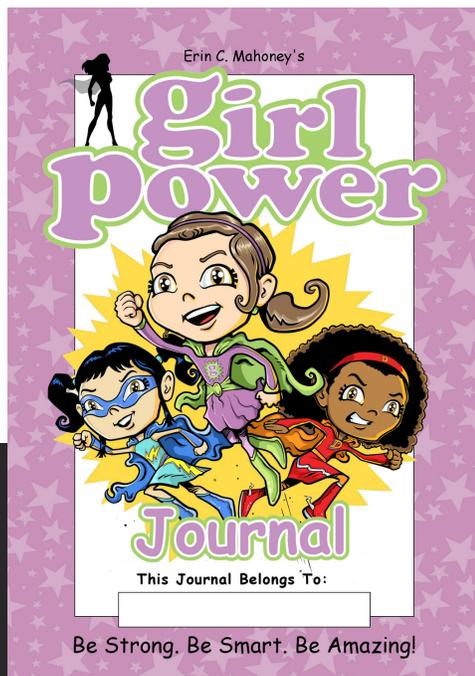
BE SMART. BE STRONG. BE AMAZING!



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ABOUT THE JOURNAL

THE GIRL POWER JOURNAL contains the original and complete program founded by Erin C. Mahoney that is taking the U.S. by storm, empowering young girls between the ages of 8 and 13 to discover themselves as powerful, smart, happy, and amazing! This life-changing course includes life skills, fitness, positive thinking, creativity and fun. Girls get excited about being strong, self-confident, independent and healthy, with the tools they need to make good decisions in our ever demanding society. Also available for parents and instructors is the GIRL POWER GUIDEBOOK to assist in delivery of the Girl Power program.



EXCERPT FROM BOOK:

With the Girl Power Journal girls will discover their own power, learn to be brave and courageous while also being loving and kind. The pages within the journal allow girls to record their journey through completing sentences, drawings, expressing fear and excitement and cut out activities. The journal also guides girls through all types of fitness in a fun and easy to understand way.

SO EXCITED FOR MY DAUGHTER TO BE ABLE TO USE THIS. A GREAT TOOL FOR ANY YOUNG GIRL TO HELP WITH NAVIGATING THE WORLD TODAY
#GIRLPOWERGO — SARAH

THIS JOURNAL, PAIRED WITH THE GUIDEBOOK WILL BE LIFE CHANGING FOR YOUR DAUGHTER. NIECE, GRANDDAUGHTER ETC....IT TEACHES THEM THE IMPORTANCE OF BEING STRONG, INDEPENDENT, HEALTHY AND CONFIDENT!!! I ONLY WISH I HAD THIS BOOK WHEN I WAS GROWING UP... WE TEND TO SPEND SO MUCH TIME TRYING TO BE LIKE OTHERS, THIS BOOK HELPS THEM REALIZE THEY ARE AMAZING, BEAUTIFUL, STRONG, A GREAT FRIEND, AND MOST IMPORTANTLY, AMAZING JUST AS THEY ARE... --CINDY W.

PRODUCT DETAILS

Age Range: 8 - 13 years
Grade Level: 3 - 8
Paperback
Price: \$29.30
Page count:
Product Dimensions:
7 x 0.6 x 10 inches
Shipping Weigh: 1.1 pounds
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stores
Genres: Children's Books,
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Friendship Social Skills &
School Life, Self Esteem & Self
Respect, Health, Girls & Women



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ERIN C. MAHONEY

Speaker/Author/Veteran

Be Smart. Be Strong. Be Amazing!

Erin has done the research. She has the experience. She has a reputation for helping girls and women of all ages and professions to be the best version of themselves. Erin combines life skills, fitness, positive thinking, creativity and fun into her programs. When you leave you feel inspired and empowered with tips and techniques that can be used immediately.

Presentations ideal for:

- All School Levels
- Girl Scout Leader events and meetings
- Conferences for empowering girls and women
- School and club sports teams
- PTO speaking events
- Recreation departments and community programs
- Staff trainings and workshops
- Camper events
- Fundraising events

Some of Erin's Programs and Workshops

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:

- How to be a Good Friend
- Healthy Eating Habits for Life
- Brave & Courageous—The Warrior Within!

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!

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

- The Power of Self-Love
- The Power of Sitting in the Pain
- Vision Boards and Goal Setting that will have you feeling your Best!

Custom presentations are also available to meet the needs of any group trying to empower others and plant the seeds of courage, kindness and leadership!

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Amazing Testimonials from Clients

"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

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.

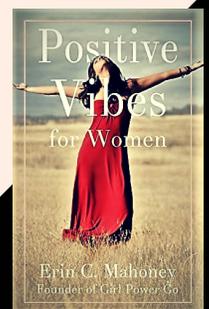
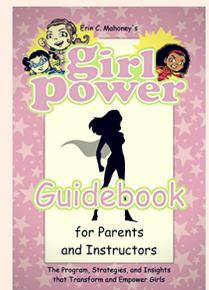
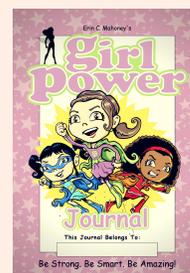
Girl Power Go, LLC has been instrumental in helping her to gain confidence and to find her voice. Thank you from the bottom of my heart for helping her to recognize the strength, power and courage that we always knew was inside of her.

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

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

About Erin C. Mahoney

Erin is the founder and creator of Girl Power Go, LLC which provides services and programs to girls and women that build confidence, courage and strength. The goal is to inspire, educate and provide proven strategies that develop strong connections to "self" and others. 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 skills and strategies. They practice different types of fitness, relaxation techniques, meditation, 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!



Erin is the CEO and Founder of:



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"You get to choose what your life is going to feel and look like." —Erin Mahoney

FOR INFORMATION, INTERVIEWS,
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