

A woman with long, wavy brown hair, wearing a black button-down shirt, is walking towards the camera on a city sidewalk. The background is a blurred city street with other pedestrians and buildings.

# AMANDA OWEN

*AUTHOR - SPEAKER - COACH*

*Press Kit*

# ABOUT AMANDA

**Amanda Owen** is a dynamic speaker, coach and author of *The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve* (Penguin Group, 2010) and *Born to Receive: 7 Steps Women Can Take Today to Reclaim Their Half of the Universe* (Penguin Group, 2014).

With a B. A. in Psychology, a background in social work, and a twenty-five year practice as a counselor, Amanda has been presenting [lectures and workshops](#) since the mid-nineties.

Amanda is the founder and Executive Director of the Justice Bell Foundation. The mission of the Justice Bell Foundation is to highlight women's contributions, advocate for women's equality, and honor the Justice Bell and its historic role in the American struggle for women's suffrage and equal rights. Learn more [here](#).



# Speaker and Workshop Leader

"Amanda mesmerized the 700-person audience with her approach to personal and professional growth through receiving. The positive feedback has been overwhelming which confirms our decision to import this brilliant, articulate speaker for the Strong Families Arizona Home Visiting Conference."

—David A. Ryder, MBA, Veer Consulting Conference Management





# Workshop Leader



Women's Health Resource Center at Dartmouth-Hitchcock Medical Center



Chicago Infinity Center



Esalen Institute

Amanda customizes workshops and courses to accommodate the needs of her clients in a wide range of professions.

# What her students say

I can think of no other personal class I have taken that has been so valuable to me. I could truly see my life changing in positive ways as the five weeks of the class proceeded. Thank you so much for all that you gave to me in the class. It has truly changed my life.

~Mary D.

I took this course TWICE. It was so completely AWESOME and life-altering! Amanda is an intuitively gifted and entertaining educator. All I can tell you is that the changes I've experienced, in the last seven months, have simply taken my breath away.

~Jane L.

Amanda's Receive Course was life-altering for me. Her graceful, informative teaching style made so much open up for me! I never imagined the depth that would be revealed to me in five classes! Her style is simple to follow and easy to apply, but the results are profound and life-changing. I remain amazed that so much can be accomplished in five classes. I intend to take this course again to go to yet a deeper level within myself for another life altering experience! Thank you, Amanda; you are truly gifted and remain a blessing to me!

~ Gini R.





# SPEAKING TOPICS



## CAREGIVERS

- Caring for Self: Revolutionary Strategies and Practices for Health Professionals
- Compassion Fatigue Remedies and Self-Care Practices for Social Workers (Nurses and others in helping professions)
- Burnout! Help for Caregivers



## HEALTH & WELLNESS

- Women and Health: Go From Surviving to Thriving
- The Power of Receiving: A Holistic Approach to Healing
- Creating Balance and Harmony in Today's Multi-Tasking World



## PERSONAL DEVELOPMENT

- You Were Born to Receive: A 21st Century Roadmap to Peace, Purpose, and Prosperity
- The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want and Deserve
- The Art of Memoir: Writing About Your Life



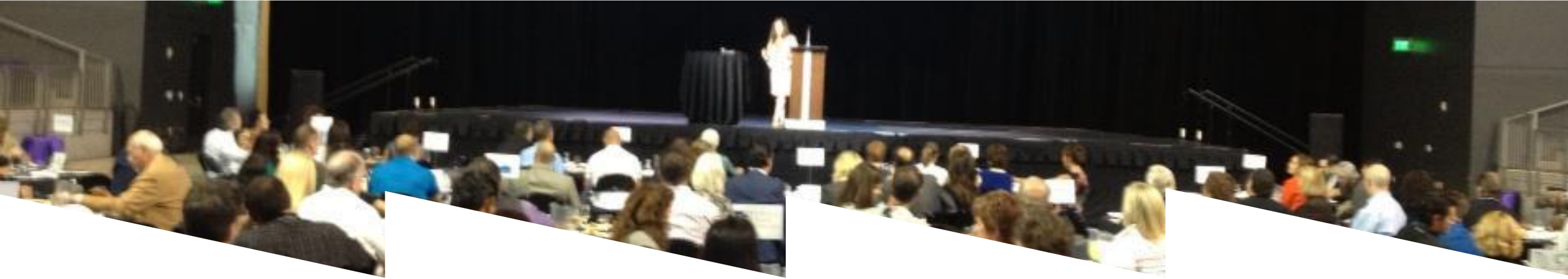
## EMPOWERMENT

- Women, Leadership, and Power
- You Were Born to Receive: 7 Steps to Reclaim Your Half of the Universe
- Stop Doing and Start Receiving! A Revolutionary Approach to Growing a Successful Business

*All presentations can be delivered as a speech, workshop, or weekend program. Presentations can be tailored to meet your group's needs.*

“Amanda’s presentation skills are outstanding and most importantly, her message is life-changing.”

—Elaine Shamos, director of the Women’s Health Resource Center, Dartmouth-Hitchcock Medical Center



## KEY LEARNINGS FROM AMANDA’S TALKS

- Increasing your capacity to receive helps you achieve important goals within a short time-period.
- A strong, consistent Receive Practice helps you create more balance in your life and greater reciprocity in your relationships.
- The skill of receiving can easily be integrated into your own life as well as be used to reduce stress and promote healing in others.
- Reducing or eliminating habitual patterns that perpetuate over-giving and under-receiving gives you energy, confidence and a sense of purposefulness.

"*The Power of Receiving* is brilliant, elegant, profound and enormously practical. This book will help you learn the fine art of receiving."  
—CHRISTIANE NORTHRUP, M.D.



## *the power of receiving*

a revolutionary approach to giving yourself  
the life you want and deserve

Amanda Owen

THE POWER OF RECEIVING

“

Amanda Owen's message is brilliant, elegant, profound and enormously practical.

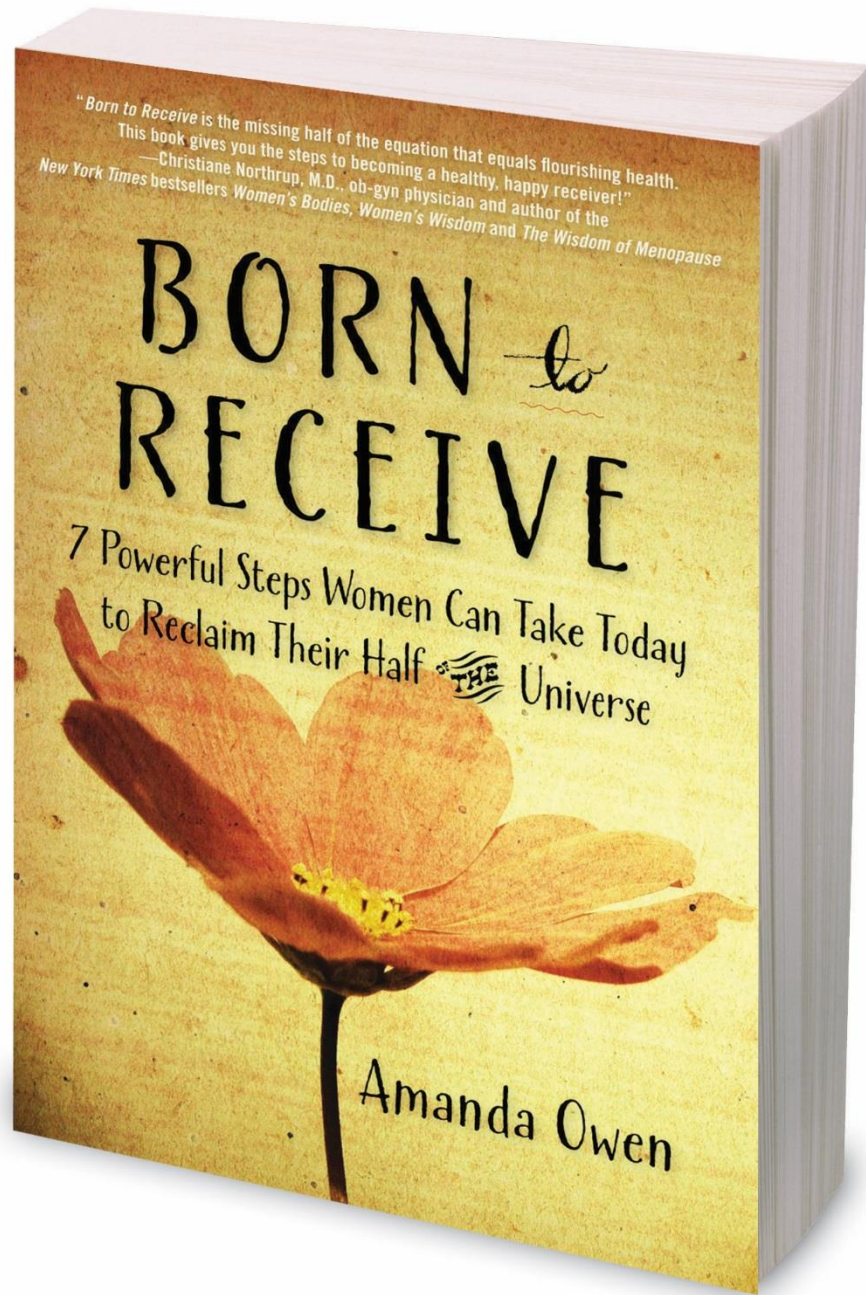
**Christiane Northrup**, author of New York Times bestsellers *Women's Bodies*, *Women's Wisdom* and *Mother Daughter Wisdom*.



CLICK ON YOUTUBE LOGO TO  
PLAY VIDEO TESTIMONIAL







BORN TO RECEIVE

“Women have finely-tuned the art of giving – now it’s time to learn how to receive with grace and gratitude. The practical tools and tips contained in *Born to Receive* will help you to develop the critical skills needed to transition from simply surviving to joyfully thriving.”

—Lois P. Frankel, Ph.D., author of *Nice Girls Don't Get the Corner Office*

“Amanda Owen takes on a big problem—women’s difficulty in asking for and receiving what they want. Women are expert at giving. *Born to Receive* teaches us that women need to complement these skills with those of receiving, of learning how to ask for and accept what we want. Using wit, anecdotes, exercises, and helpful insights, she turns this task into one that is manageable and promises to be very helpful. Owen makes the convincing case that wholeness comes from the joint activity of giving and receiving. Women are experts at giving, but can surely use the help she offers to become equally expert at receiving.”

—Rosalind C. Barnett, Ph.D., co-author of *The New Soft War on Women: How the Myth of Female Ascendance is Hurting Women, Men and the Economy*, and senior scientist at Women’s Studies Research Center, Brandeis University



# Amanda Owen in the News



mindbodygreen

Spirituality  
& Health



sheknows

HEALTHY LIVING • HEALTHY PLANET  
natural  
awakenings  
FIND YOUR  
LOCAL EDITION



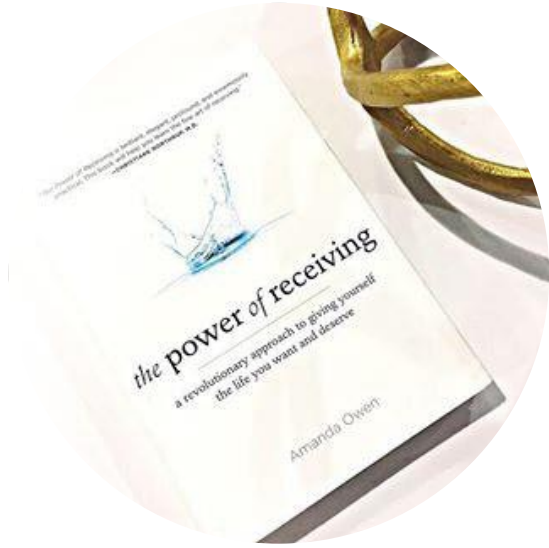
beliefnet® INSPIRE YOUR EVERYDAY

WORKING  
MOTHER

THE WOMEN'S EYE  
The World As We See It

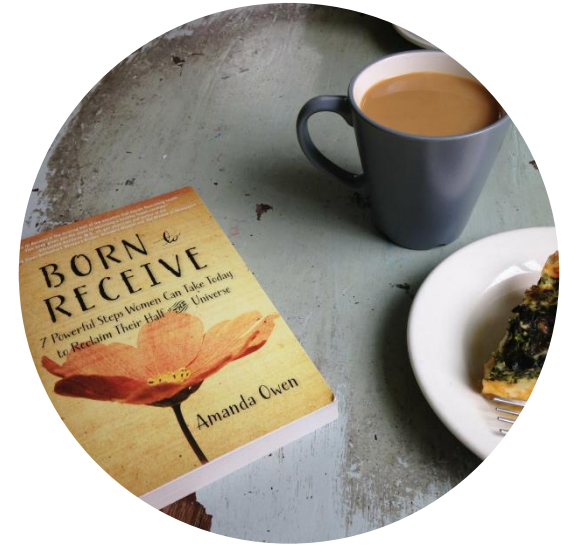
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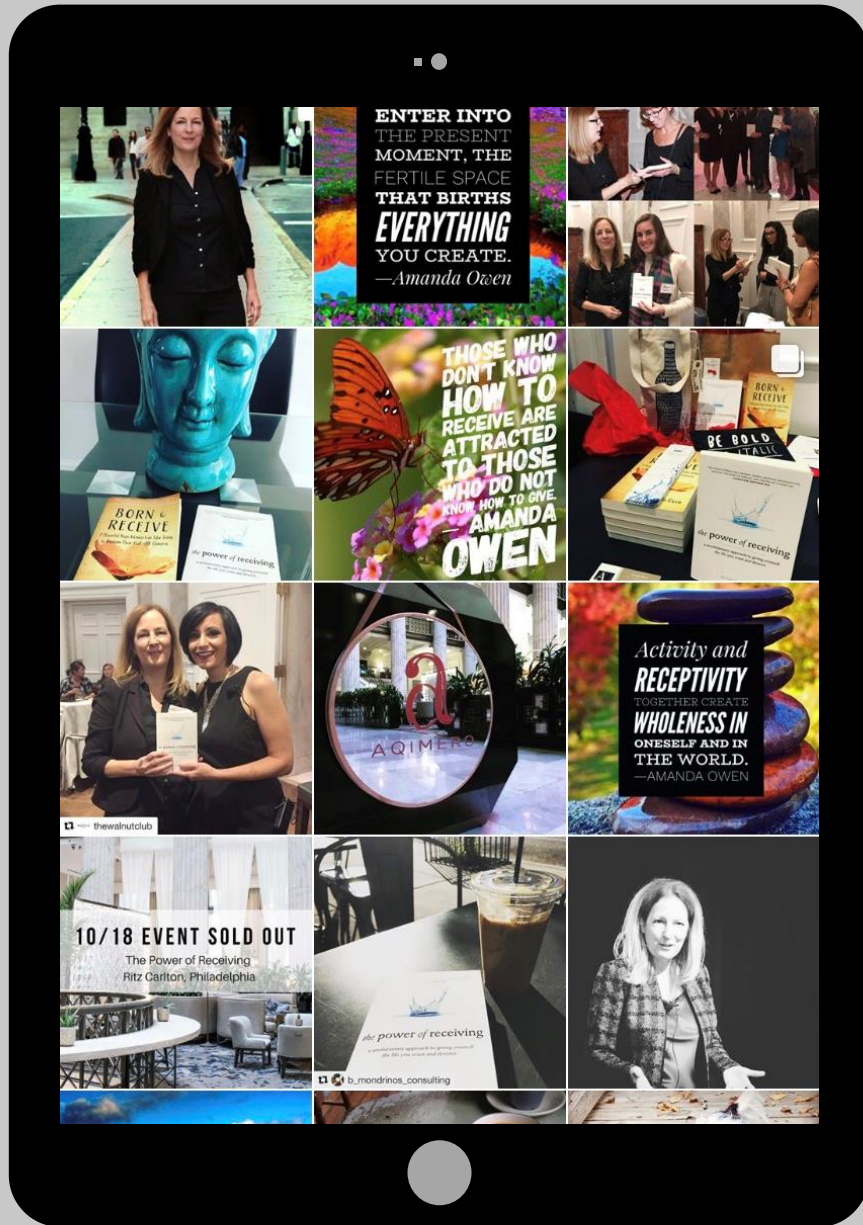
When receiving is balanced with giving, you are not only healthier in mind, body, and spirit—you give yourself the key that unlocks the door to your goals, hopes and dreams.

**AMANDA OWEN**

# Bookings

Amanda Owen is accepting bookings in 2018/2019 for keynotes, workshops, group trainings and other customized programming.

For inquiries and bookings please contact  
Amanda Owen  
amanda@amandaowen.com  
480-625-2510



[VISIT WEBSITE](http://www.amandaowen.com)