

My Story

I am an introvert who learned to be an extrovert so that I can achieve my desire, “have a positive impact on others” and “charged” with the purpose to “stand in the gap”, as the bridge between:

- What “was” and what “can be”
- Past life experience and new life opportunity
- Change/Challenge and a new life normal
- Spiritual “deafness” and hearing God by clearing life clutter

I’ve been invisible

I’ve been ignored

I’ve had others receive credit for my accomplishments

and I worried that I would always be alone



Today, I’m a Life Coach helping others build Confidence and Focus on what matters most to them by forming new habits and managing life change and challenge to Achieve their goals and live VIVID!

My Transformation

- From quiet observer to public speaker
- From afraid to made a decision to change my entire life focus and structure
- From introvert to commanding a room of thousands
- From Corporate Manager to Life Empowerment Coach

I built who I have become from what was available to me at the point when LIFE pushed me into rebuilding myself.

Sometimes you chose change....Sometimes change chooses you

I didn’t have much of a personal life outside my first husband’s interests. When he died, I found myself unclear about what I wanted in MY life, I knew I had to rebuild. I was lonely and had no idea how to do what I knew I needed to do. Starting without even knowing what I wanted, I used – what I knew - my career skills (Technical Project Manager) to guide me. In project management you borrow the skills/attributes you don’t have within your team from other teams to work on your project. I didn’t know who I wanted to be....sweet – tough – a leader – a follower – the day I realized I had to rebuild me, I didn’t even know what I wanted for dinner! And I was still hurting from the loss of my husband.

Since I didn’t know who I wanted to be, I looked at others, people who I admired, people I hated, people who do not impact me one way or the other. I looked within my family, friends and co-workers circle AND I studied people the mall. I’d buy an ice cream, sit in the middle of the mall and people watch.

People are their most honest when they don’t know you’re watching them.

I looked at how other women carried themselves in a public place. I noted how women responded when approached by strangers...male and female. I realized your facial expression determines if you are approachable for conversation and the way you present yourself (walk, talk) mirrors your inner confidence.

I decided to use (mimic, emulate, mirror) those attributes/traits that I saw and liked in others as part of my own “public presence” with the desire to receive the same responses I had watching them. Overtime I modified what I liked to match my personal style and discarded what did not “feel” good to me.

Repeating and refining those attributes that I liked eventually combined to become my public presence and I began to develop me.....self-made, satisfied with who I am and comfortable in my skin.

.... Pamela Burke