

# MEDIA KIT

[Author Bio](#)

[Book Description](#)

[Testimonials](#)

[Book Excerpt](#)

[Target Audience](#)

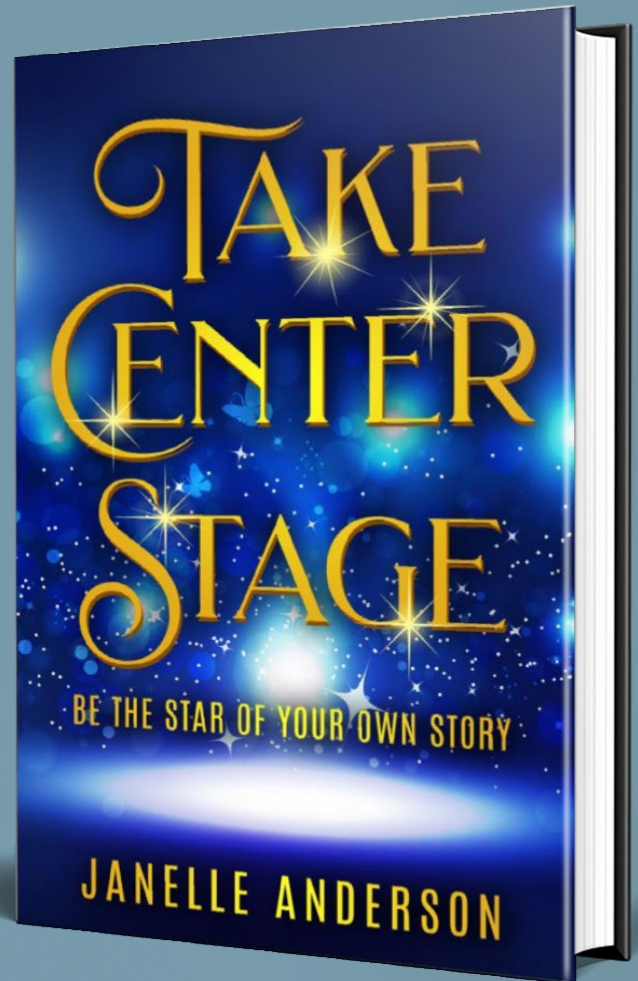
[Book Benefits](#)

[Interview Questions](#)

[Story Ideas for Reporters](#)

[Contact Author](#)

[Downloadable Images](#)



# AUTHOR BIO

Janelle Anderson is an author, Certified Professional Coach, and renowned speaker who is on a mission to empower women of all backgrounds to embrace their greatness and know their true value.

Having overcome a past of sexual trauma, Janelle is dedicated to challenging and encouraging her listeners to find their untapped potential and become the stars of their own stories. She's also the host of the weekly podcast, *Women Emerging Fearlessly*, where she helps female entrepreneurs learn to show up, stand up, and speak up in fearless confidence.

Janelle draws on her faith as a boundless source of inspiration and strength in her life, and she credits God with helping her get through her darkest moments and emerge as a stronger, happier, and more confident person.

As the leader of *Speaker Sisterhood Christiansburg* and creator of her signature online course, *Fearless Confidence Formula*, she's passionate about helping other women develop speaking skills and create their unique voices in the world. Janelle currently enjoys the simple life in Virginia with her husband Bob. For more information, visit her website at [www.emerginglifecoaching.com](http://www.emerginglifecoaching.com)



JANELLE ANDERSON

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# BOOK BIO

## BECOME THE STAR OF YOUR OWN STORY AND EMBARK ON YOUR JOURNEY TO THE REAL YOU!

Are you struggling to express your true, authentic self? Do you often feel like you're not being the person you were meant to be? Do you want to discover a practical, proven 4-step process for embracing your true potential and striving to create a life of happiness and fulfillment? Then this book is for you!

Drawing on a unique blend of timeless spiritual wisdom and powerful advice, inside *Take Center Stage*, you'll join renowned speaker and professional coach Janelle Anderson as she reveals a practical and deeply meaningful 4-step process to stir your soul awake, embrace your true self, and release the river of your unlimited potential.

Part journal, part workbook, and part spiritual guide, this book harnesses Janelle's years of experience as a coach as well as profound lessons from her faith and her personal story of transformation, to craft an empowering blueprint for personal growth. *Take Center Stage* encourages and challenges women of all backgrounds to let go of past trauma, transform their worldview, and become the strong, confident woman they were meant to be!



### Here's just a little of what you'll discover inside:

- The Secret to Stirring Your Soul Awake and Daring to Achieve Your Dreams
- Why Being Truthful with Yourself Is Such a Powerful Tool for Growth
- How To Accept and Activate Your True Purposeful Self
- Real-Life Inspirational Stories of Personal Success and Transformation
- A Bonus STAR Guide Workbook to Help You Implement Everything You Learn
- And So Much More...

# Testimonials

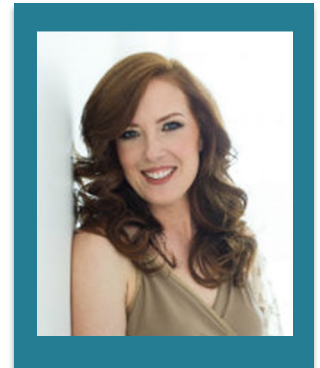


Janelle is the breath of fresh air I needed! I am a female professional at the senior leadership level - I carry a lot of stress normally in my work. It's demanding and can be exhausting. I was stuck, to be quite honest. Janelle helped me find my purpose with work again and get moving on some long-cherished goals that I had let collect dust. She's great at listening, validating, and supporting you without letting you off the hook; you will do the work needed and enjoy working with her. I wanted to be held accountable, and I was! She's a great listener, very patient and seems to really understand the perils of being a female leader. She helped me find my joy in work again. I would recommend her, absolutely!

- L. Alexandra Southworth-Molchan, Director, People Strategies and Development at Talent Acquisition Maven

I understand my personality better, like why I am that way. I am able to use the energy level assessment to check in with myself. Janelle really helped me understand my personality, my core values, and my strengths. I will be able to use this information to better myself, my business, and my personal relationships. I feel like I'm stronger internally from working with Janelle. She listens very well! She empathizes and is kind in her approach. I can tell she really wants women to succeed and be the best they can be.

- Debbie Smith, Owner & Founder at FiftyLove Photography



I have been working with Janelle Anderson for two years. Her coaching approach is very adaptable depending on your personal or professional goals and she utilizes energy leadership and the personality enneagram as part of her tools. Janelle has helped me become a more effective leader for my team of 400 and allowed me the creative space to realize my dream to write a book. I would highly recommend her to any entrepreneur looking to take their game to the next level!

- Allison Shaw, Vice President, New River Valley Pizza (dba Domino's)





# TARGET AUDIENCE

## WHO SHOULD READ



- Women who are going through midlife and wondering what direction to go now.
- Women who have experienced past trauma and never processed through it.
- Women who feel that there must be more to experience in their lives than what they are currently experiencing.
- Women who want to discover their purpose and passion for the second half of life.
- Women who want to have more confidence, self-worth, and self-love.
- Women who want to understand themselves better and be more in control of their lives.



- Know yourself and have deeper insights into what makes you who you are.
- Be free of the impact of the past, limiting beliefs, and self-sabotaging patterns.
- Have a clear vision of your purpose and direction for your life.
- Have confidence in yourself and in expressing your authentic self.
- Embrace your true potential and stop striving to be someone you're not.
- Be on your way to creating a life of happiness and fulfillment.

## BOOK BENEFITS

# BOOK EXCERPTS

TAKE CENTER STAGE...



Knowing yourself is the first step to *being* yourself.

When you are aware of what is happening around you and Within you in every moment, you have the powerful ability to choose to either continue doing what you're doing or try something different. Awareness gives you the "sight to see" what is happening, what is real, right now. You are awake.

There is no better time to start living the life you were meant to live than right now! But it does take a clear-minded choice. It's like driving a stake in the ground. There will be storms that will try to take you off course. If your choice is not a firm and unyielding commitment to yourself, then you may find yourself being tossed about by every wind that comes along.

Life is an adventure, full of mystery and discovery. I believe this is all by divine design. Just imagine how satisfying it will be when you reach the end of your life to know that you followed your path of destiny and fulfilled your purpose on this earth!

It was time to tell the truth—to myself. Life wasn't worth much without all of me participating. I desperately wanted wholeness and freedom. I didn't want to be divided or shut down. I wanted to be completely engaged and showing up in my life.

Thoughts have substance to them. So, to clear out the well-established toxic thought patterns, we need to create new pathways of truth and freedom. I like to think of this process as creating a new sled run in deep, newly fallen snow. It's so much easier to sled down a slick, packed path, isn't it? If you want to create a new path that no one has sledged down before, it will take work and persistence.

These fear messages are whispered to our hearts from our inner critic who tells us that we are not good enough, smart enough, educated enough, experienced enough, old enough, young enough, or some other form of "not enough," and the fear that we will fail or lose in some ways becomes a huge brick wall stopping us in our tracks.

It is an exquisite journey, this journey to the depths of your heart....



# INTERVIEW QUESTIONS



1 What does it mean to “wake up to your life?”

How can we better understand and manage our emotions?

11

2 Why is self-awareness so foundational for change to occur?

What does a healed heart look like?

12

3 How important is it to say yes to yourself and how does it impact others when you do?

How can we find “treasures” in our difficult and painful seasons of life?

13

4 What affect can deeply ingrained patterns of thinking have on how we live our lives?

How can we find our heart’s true story?

14

5 What is the most effective way to overcome our fears?

What are the “seeds of greatness” inside of each one of us?

15

6 What is the difference between shame and guilt?

Why is it so important to know yourself?

16

7 What are “trauma bonds” and how can they be broken?

How do we find our life purpose?

17

8 Why do you think it’s important for people to get to the root of their beliefs (squatters)?

Why do we feel this vague sense of dissatisfaction with our lives?

18

9 What do you mean by “reclaiming your heart”? What are the benefits of doing so?

Why do we need to Visualize our dreams?

19

10 What is the true meaning of forgiveness? Why should we forgive?

What does it look like to “take center stage” of your life?

20



# STORY IDEAS FOR REPORTERS

*"I believe in myself more. I can be who I am, I'm more comfortable in my skin with who I am, I'm more confident, I'm embracing my uniqueness. I discovered my strengths and that I am a learner. That means that pursuing self-development is a no-brainer – I'm giving myself permission to invest in me because of my strengths – it's ok to want to learn.*

*I now can acknowledge my patterns of negative self-talk and am flipping it. The best part of the coaching has been the journey of self-discovery – knowing myself (always been focused on others) personality, strengths, values, passions. Also, the acceptance of who I am, how I show up & operate in the world."*

- Wendy Furrow-Scott, winemaker & business owner at FurrowScott, Inc.

7. What is the main reason people fear pursuing their dreams? Why is love the antidote to fear?

8. What is true forgiveness? Why is it so powerful?

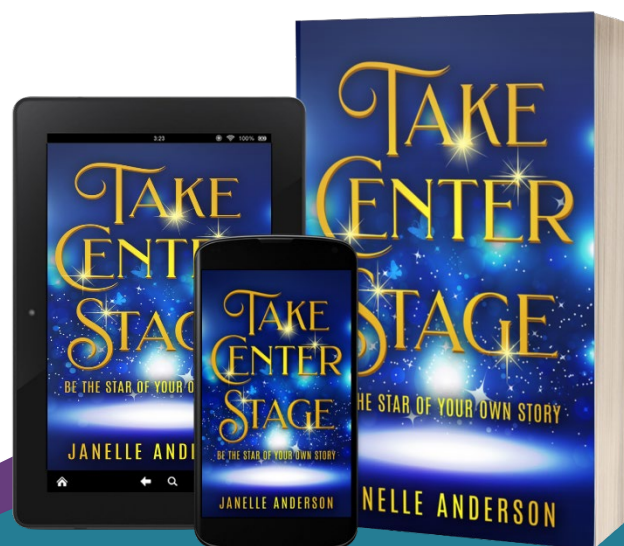
9. What is the difference between shame and guilt?

10. How does understanding our emotions help us?

11. What is life purpose? How can you find your life purpose?

12. How can our greatest struggles be clues to our strongest passions?

1. What prompted you to write this book?
2. What is convergence and how does it relate to the transitional season of midlife?
3. What is the difference between conscious choice and the illusion of choice?
4. Why is it so important to consider what impact our past may have on our present and future?
5. What are "trauma bonds" and how do they influence the way a person relates to others?
6. What are the benefits of raising your awareness about your thought patterns and how they affect how you show up in your life?





# DOWNLOADABLE PHOTOS

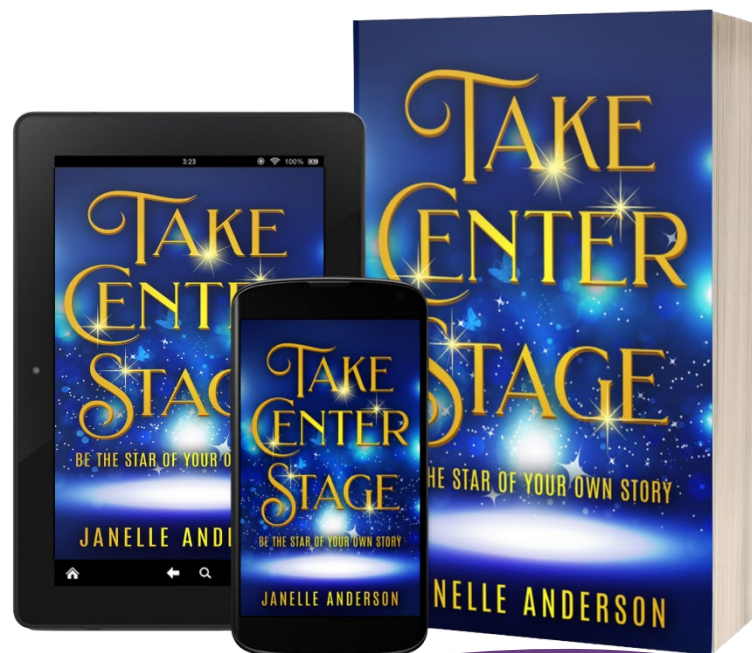
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