



# Erin C. Mahoney

Speaker / Author / Veteran  
CEO and Founder  
Girl Power Go, LLC.  
[www.girlpowergo.com](http://www.girlpowergo.com)



**Be Strong.  
Be Smart. Be Amazing!**



GIRLPOWERGO

Erin (Geddes) Mahoney



## 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.

*Erin C. Mahoney*

CEO AND FOUNDER GIRL POWER GO, LLC.



## 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.

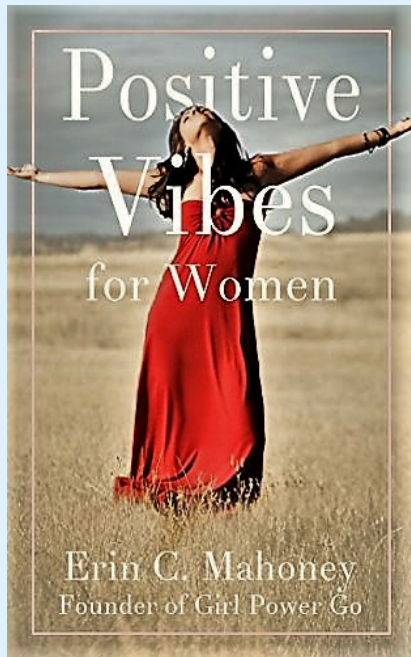
Erin's clients include: Metrowest Conference for Women, Polka Dot Powerhouse, Public Libraries, Girl Scouts, Nichols College, Metrowest Chamber of Commerce, various elementary, secondary and high schools, universities and leadership organizations.



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

# POSITIVE VIBES

*For Women*



THERE ARE SIX POWERS all women have but too seldom use. There are unexplored worlds women neglect. But as limitless as a woman's potential might be, as valuable and important to the world as well as those closest to her, the path to happiness, contribution, and fulfillment begins with self. In *Positive Vibes*, best-selling author of the *Girl Power Guidebook* and the *Girl Power Journal*, and creator of *Girl Power Go*, Erin Mahoney puts into book form for the first time the message she has been delivering to women in all of her popular workshops and trainings. As vibrant a force for women as the *Girl Power* series is for girls, *Positive Vibes* is sure to expand the playing field for women everywhere, and to take its rightful place in the continuing appreciation and expansion of women's rights, powers, and love of self, all while deepening the appreciation of a woman's natural beauty. There are powers and actual exercises women can practice to love themselves more, move and grow through their pain, set themselves and others emotionally free, and realize their true and full potentials, and they're all here in *Positive Vibes for Women*. Stop missing your life, and start showing up with freedom in your heart, and the future you are meant to live within your sights.

## *Inside the book*

### INTRODUCTION: THE POWER OF YOU

Today I ask ladies that I work with to look for moments where they might be feeling like I want to be somewhere else, or doing something else, and ask themselves, "Why? Why is it so important? What are you missing in your life?" p. 04

*by Lisa Paine*

I laughed, I cried, I highlighted and made notes all over the place! This is truly a "sweet little book" that provides the reader with big things to reflect upon. Great tools presented clearly and sprinkled with Erin's personal experiences make this easy to read and a book that you will want to read over and over again. Although it is aimed at women, there are so many gems that I will share with my teenage sons. Great life lessons on self love, goal setting and managing relationships. It's a beautiful book.

### THE POWER OF SELF-LOVE

Part of finding balance includes always being kind and caring to yourself. The first step of self-love is acknowledging that you deserve to have it! Love and kindness are things that we all deserve and desire. p. 11

### PRODUCT DETAILS

Positive Vibes for Women  
 Author: Erin C. Mahoney  
 Format: Paperback  
 Price: \$12.95  
 Page count: 116  
 Product Dimensions:  
 5 x 0.2 x 8 in.  
 Shipping Weight: 4.3 ounces  
 ISBN-10: 099888975X  
 ISBN-13: 978-0998889757  
 Other Formats Available:  
 Hardcover, Kindle  
 Available from: Amazon.com and Barnes and Nobles and various online bookstores  
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For more information, interviews, articles and to obtain books  
 Visit: [girlpowergo.com](http://girlpowergo.com)  
 Email: [erin@girlpowergo.com](mailto:erin@girlpowergo.com)  
 Call: (781)367-6163

GIRL POWER GO, LLC. | PO BOX 694  
 MILFORD, MA 01757



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Erin (Geddes) Mahoney





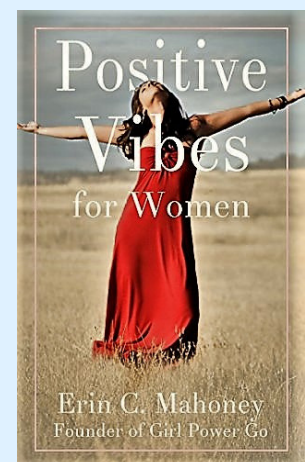
## POSITIVE VIBES

*For Women*

### POSSIBLE INTERVIEW QUESTIONS

- Why did you write Positive Vibes for Women?
  - What sets your book apart from other women's empowerment books?
  - When women read your book, what is the biggest takeaway you want them to receive?
  - You talk about woman loving themselves, what are some key components to doing that?
- Do you find that woman have a harder time with self love than younger girls?
  - Can you elaborate on what "Sitting in the Pain" is?
  - Are there just six powers that women have? Why did you chose these six powers?
  - Tell us about the energy work you do?
  - You talk about goal setting, what tips do you have about setting goals to avoid feeling overwhelmed and defeated?
  - Give an example of how you can encourage woman to be kind to themselves and to others.
  - When navigating relationships what is the best way to deal with people that challenge you?
  - There are pieces of the six powers that show up through the day , what are some of the powers that you think woman completely ignore.

Erin C. Mahoney is the founder and CEO of Girl Power Go, LLC a company that inspires and empowers girls and women's everywhere. She is also the author of Girl Power Journal, Girl Power Guidebook. She uses her life experiences, humor and positive energy to captivate her audiences while spreading her mission of self-love, forgiveness and grace. Whether it is a corporate event, conference, or one of her many workshops, the audience leaves feeling inspired. Erin's hands on approach allows woman to immediately use her techniques in their daily lives..



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# ERIN C. MAHONEY

*Speaker/Author/Veteran*

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.

## *Examples of Workshops and Programs*

### *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 what the journey looks and feels like to us. Erin's belief in the POWER of Positive Thoughts, Proper Rest, Energy Work 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!

### *Discover the Badass Within*

This workshop is like no other! It will have you asking difficult questions that MUST be answered in order for your BADASS self to show up! Learn Strategies that will have you crushing fear, making choices from a place of meaning and caring less about what people think.

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

- Learn ways to change self sabotaging behavior for good
- Learn how to care about people but NOT care about what people think
- Learn strategies to bring out the BADASS within because she's dying to get out!



*Presentations Ideal For*

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**WOMEN'S  
CONFERENCES**

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**CORPORATE TEAM  
BUILDING AND  
WORKSHOPS**

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**FUNDRAISING EVENTS**

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**ERIN'S CLIENTS  
INCLUDE: METROWEST  
CONFERENCE FOR  
WOMEN, POLKA DOT  
POWERHOUSE, AND  
NICHOLS COLLEGE.**

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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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**FOR INFORMATION, INTERVIEWS,  
ARTICLES AND TO OBTAIN BOOKS  
VISIT: [WWW.GIRLPOWERGO.COM](http://WWW.GIRLPOWERGO.COM)  
EMAIL: [ERIN@GIRLPOWERGO.COM](mailto:ERIN@GIRLPOWERGO.COM)  
CALL: (781)367-6163**



## 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.

I have attended multiple workshops of Erin's, and now have read this book.. Each time I walk away learning something new .. This book, as well as her workshops will help YOU be your best YOU.. She guides you through 6 life changing steps, and most importantly helps you understand that YOUR happiness and self love are so important for you to be your best you!!!! – Cindy W.

Amazing...and I'm not surprised!! I have attended Erin's workshops a few times...and I could go again and again! Every session brings something new to the table...and now I get to take that with me! Fabulous book....and a must read for all women!! Live in your power and in your light! Great read! – Kelly K.

**“You get to choose what your life is going to feel and look like.”**  
–Erin Mahoney

**Erin is the CEO and Founder of:**



**Best Selling Author of:**



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## About Erin

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 skills 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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