

Pamela Dangelmaier

Empowering leaders and individuals to transform stress into clarity through mindfulness and purpose-driven strategies.



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Pamela is a gifted speaker who delivers her ideas in a clear, authentic way so that she naturally and easily connects with her audience. She is a delightful person who can be counted on to prepare meticulously and present her ideas in a warm, impactful way.

Alan Warburton - Licensee/Curator for TEDxSurrey

Connect with Pamela

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Pamela Dangelmaier is a certified life coach, mindfulness practitioner, and motivational speaker celebrated for her relatable humor and engaging storytelling. With a Graduate Certificate in Mindfulness-Based Teaching & Learning from UFV—where she earned the Award for Outstanding Achievement—and further training from Martha Beck’s Wayfinder program, Pamela combines her expertise with warmth and accessibility, making complex ideas easy to grasp and apply.

As a founding member of the Mindful Coach Association and a member of the American Mindfulness Research Association, Pamela is passionate about helping others find clarity, balance, and purpose. She empowers audiences worldwide to unlock their potential and live more fulfilling lives. A TEDx speaker, e-commerce entrepreneur, and published novelist, Pamela credits her diverse achievements to the mindfulness techniques that inspire her daily to embrace life’s adventures fully.

Pamela’s Hot Topics

Transformative Power of Mindfulness

- **Silence as a Superpower:** Harnessing the Benefits of Intentional Quiet
- **Unleash Your Inner Power:** The Mindfulness Key to Awesomeness
- **Awareness Alchemy:** Turning Stress into Strength
- **The Mindful Compass:** Steering Your Life with Purpose and Confidence
- **The Confidence Leap:** How Mindfulness Helps You Move Forward
- **The Mindful Shift:** How Small Habits Create Lasting Change
- **Mindful Mind Wandering:** A Modern Path to Creativity, Innovation & Problem Solving

Mindfulness for Leadership and Personal Empowerment

- **Elevate Your Leadership:** The Mindful Advantage for Women
- **Reclaiming Power Through Mindfulness:** From Burnout to Brilliance
- **From Stress to Success:** Mindfulness for Transformative Leadership