

media kit

Pat B. Freeman

INSPIRATIONAL BUSINESS
SPEAKER & WOMEN'S
EMPOWERMENT COACH:

BOOK TITLE

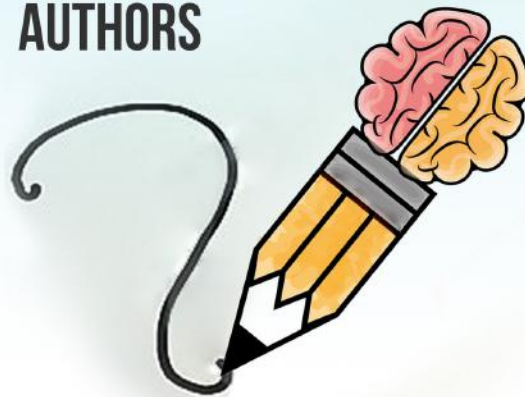
Get Your Mind "Write"
7 Steps To Breakthrough
Confidence For Aspiring
Authors

PUBLICATION DETAILS

Passion-Powered Publishing
May 1, 2018

GET YOUR MIND “WRITE”

7 STEPS TO BREAKTHROUGH
CONFIDENCE FOR ASPIRING
AUTHORS



Pat B. Freeman



***People who have a
burning desire to do
something and are
willing to take action
find success and
fulfillment.***



Pat B. Freeman



about pat

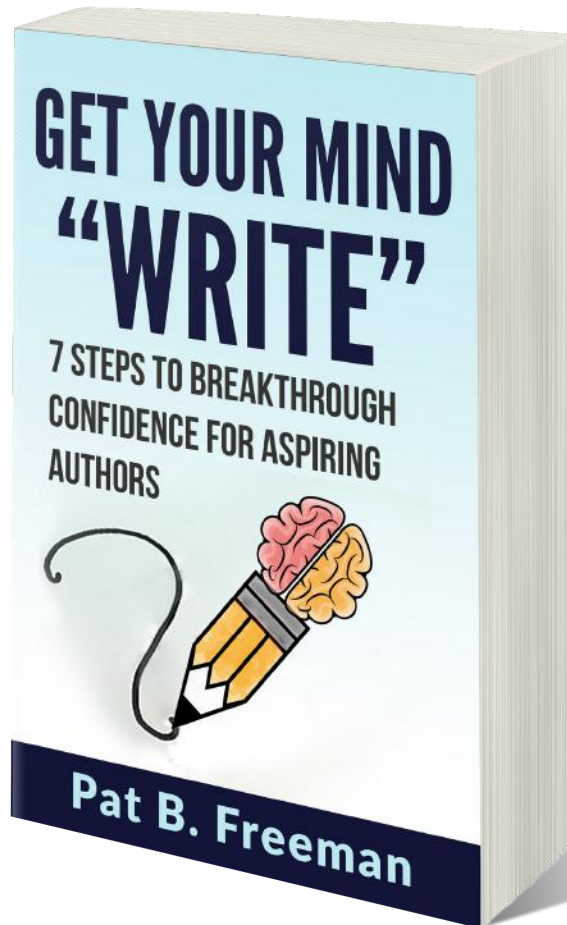
PAT B. FREEMAN is a John Maxwell certified speaker, trainer, and coach with more than twenty years as a college administrator. She is an author, serial entrepreneur, and founder/CEO of Pat B. Freeman (LLC), a service and website with an entrepreneurial focus offering inspirational business speaking and women's empowerment coaching, including online courses and live training events, products, tools, and resources for business start-up, career growth, and leadership development.

Pat is the former president of the International Association of Women (IAW, formerly NAPW), Greensboro Chapter. She has more than twenty years as an administrator in the North Carolina Community College System and is a Certified Program Planner (CPP). Pat earned her Master's Degree from Campbell University and Bachelor's Degree from Florida State University, with postgraduate studies from California State University - Fullerton. She is the mother of two young adult sons, Sterling and Styles.

Pat's passion and mission are to provide solutions that help women and others follow their passion, be confident, move from stuck to clarity, build their dreams, and create a life that thrills. She speaks to motivate and inspire audiences to turn their inspiration into action and passion to profits.

DO YOU HAVE THE RIGHT MIND-SET TO WRITE YOUR FIRST BOOK?

GET YOUR MIND “WRITE”: 7 STEPS TO BREAKTHROUGH CONFIDENCE FOR ASPIRING AUTHORS



Are you mentally prepared to write your first book without quitting or putting it off before you achieve your goal – and even increase your income and credibility when you decide to take action and get it done? It takes confidence, determination, and a made up mind to start and finish any big goal. *Get Your Mind “Write”* is the quickest way to get your mind ready to write and become a published author. Follow the 7-step process to gain breakthrough confidence.

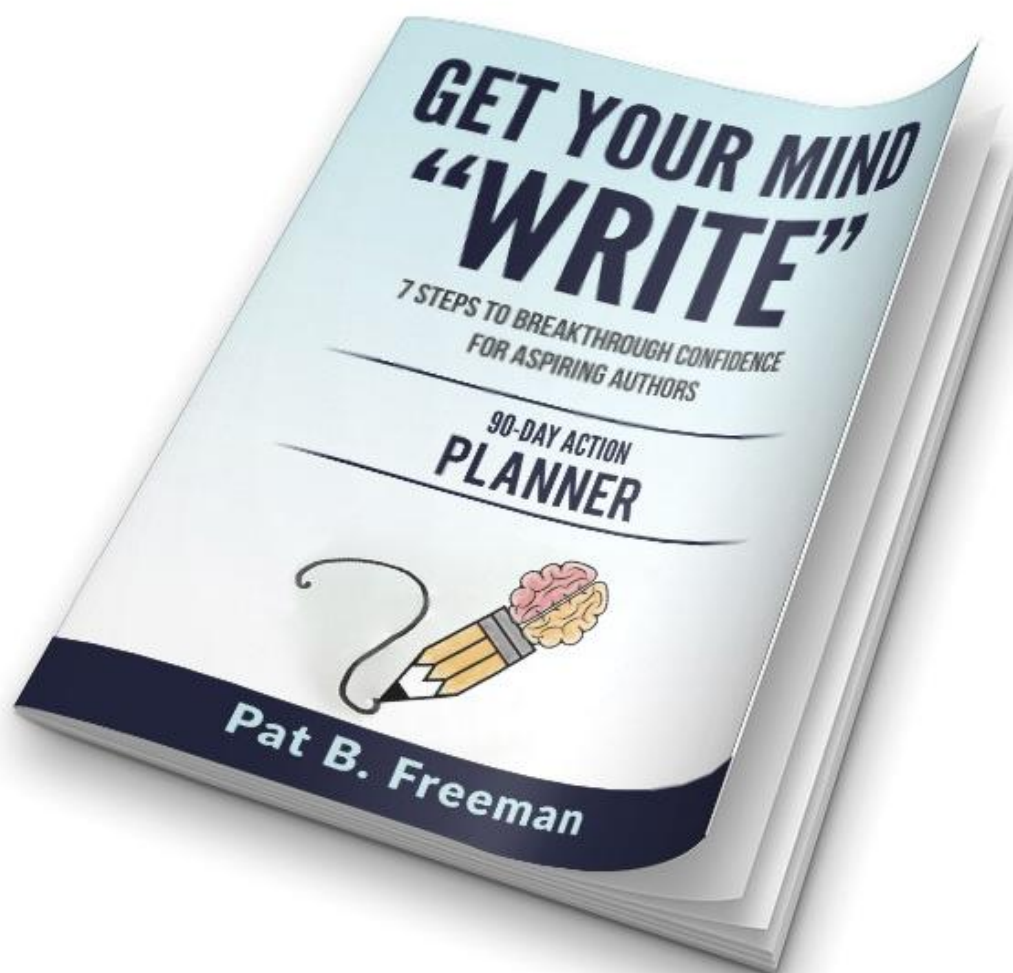
It will give you the inspiration and confidence to move from dreamer to believer to achiever. With the right mindset, your book awaits!

Here's just a sample of what you'll discover in this insightful book:

- What inspired me to write this book
- Why aspiring authors need to have the right mindset
- Why confidence counts when writing to publish
- Why plain confidence is not enough – You need breakthrough confidence
- And, discover the 7 Steps to Breakthrough Confidence for Aspiring Authors.

... and much, MUCH More!

THE planner



To supplement the book, there is also a "Get Your Mind 'Write'": *90-Day Action Planner*.

You may have heard it said that it takes a certain amount of days to form a habit, anywhere from 18-254 days according to some reports. When writing a book, you'll need good work habits and a plan if you are serious about finishing. To ensure you have ample time to develop your writing-to-publish habit, this 90-Day Action Planner will help you plan and hustle until you make it! Use as little or as much time as you need to get it "write!"

- Use the "Write" Goal Sheet to set your goals (long-term and in bite-size increments).
- Use the Daily Progress Tracker for accountability and gauging your progress each day.
- Use one Daily Action Sheet each day for ninety days to guide your daily activities each month. The action sheet should align with your goals for the given month.
- Use the Breakthrough Thoughts Sheet to capture those epiphany moments that come unexpectedly, or use it to make notes about related ideas that you want to remember for your book. This page will help you stay on course and avoid distractive behaviors that steal time.

This planner will keep you organized, clear-minded, on track, and able to review daily actions and progress at a glance. It works for me, and I'm confident it can work for you too.

Have you ever attempted writing a book and it all looks cloudy, seemingly confusing where and how to start? Have you started a book and left it because you ran out of ideas? Have you completed a book and dumped it because you are stuck on how to publish it? Though you have the desire to become an author of a book someday but each time you make a move, you get stuck in the middle, neglecting it for more pressing things?

It's high time to brace yourself! Get the necessary steps to stir your confidence in writing and publishing a book in this amazing tome titled: *Get Your Mind "Write"*, a comprehensive, assured, and meticulously researched 7-step CONFIDENCE BREAKTHROUGH for aspiring authors.

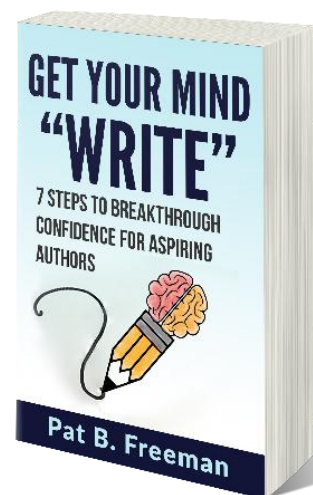
The book provides amazing steps to overcoming fear, leaving you inspired and empowered to achieve tremendous results in writing and self-publishing your book. This book with the superb articulation of the author is designed to change your mindset into being HIGHLY creative, communicative, and fulfilled in your writing career. This is a MUST book to have at heart, in your home, share with friends/neighbors, and keep for coming generations to read.

Get Your Mind "Write", has all ingredients to build your confidence in writing, providing an understanding of how to become motivated and persistent with a mental alacrity in accomplishing your goal. The WRITE mindset is what is required for every author who wishes to be successful in their career.

The style of writing adopted by the author is exceptionally dynamic, gluing the reader to grasp the topics and utilize them as they read along. This begins with giving the very reasons you need to write, thereafter you boldly move from inside-out with the "write" mindset. Once a new idea is to be born, distractions set in. This book deals with ways you can manage and overcome distractions especially the unpleasant ones. When you have been fully equipped to pen your idea to reality, you have the greater access to the 7 powerful tools packaged in this book to enable you to achieve this reality.

Becoming an author is delightful, but if you lack the right knowledge guide towards having the mindset to write and publish the book, you might never get anything done and end up being frustrated. An accurate mental assurance is required more than just a mere interest to see you all the way through your book project to becoming a published and globally recognized author.

Finally, this I say concerning the book that it saves time, and exposes the reader to new tips to be an author. Interestingly, there are also sections where you could ask yourself questions you probably haven't asked since you have been planning on writing a book or from the time when you have started writing a book and left it half-baked or since you have completed the manuscript but never thought of publishing it. This is a money-back guarantee book as money spent on it worth every cent.





topics outlined in the publications

- 1: A Compelling Reason to Write
- 2: You Need the “Write” Mind-set
- 3: Manage Distractions
- 4: 7 Steps to Breakthrough Confidence

keynote speaking topics

**VISIT WWW.PATBFREEMAN.COM/SPEAKING
FOR MORE SPEAKING DETAILS**

- Get Your Mind “Write”
- Turn Inspiration into Action
- Step Up to Your Dream Job
- Dream Big. . . 7 Steps to Success
- What Are You Waiting For? Go Get It!

books authored by pat

- Get Your Mind “Write”: 7 Steps to Breakthrough Confidence for Aspiring Authors
- Get Your Mind “Write”: 90-Day Action Planner
- Quotes to Inspire & Empower Women and Girls
- God Sets You Up Manifesto (e-book)



previous speaking engagements

VISIT WWW.PATBFREEMAN.COM/MEDIA-APPEARANCES FOR FULL LIST

Speaker for 2017 Speaker Showcase – Leading to Change & Remarkable! A Speakers Bureau; (Topic: Turning Inspiration into Action); Victory Junction; Randleman, NC

Emcee and Event Planner for Relax Refresh Recharge – Triad Professional Women’s Event; Dynacon Event Center; Greensboro, NC

Speaker for The Color of Reason - Leadership By Design - Girls' Entrepreneurship & Empowerment; (Topic: The ABCs of a Professional Image that Sells); Greensboro, NC

Speaker/Emcee for Bridal Reception; Tampa, Florida

Speaker for Greensboro Chamber of Commerce – Women’s Executive Connection Conference (Theme: Creating Your Personal Brand; Topic: The ABCs of a Professional Image that Sells); Greensboro, NC

Speaker for Triad Job Search Network - TJSN (Theme: Career Planning; Topic: Step Up to Your Dream Job); High Point, NC

Speaker for ASSE Triad Chapter Prof. Development Conference, (Association of Public Safety Professionals); Greensboro, NC

Speaker for Women’s Leadership Summit, (The Junior League of Greensboro); Greensboro, NC

Moderator for Women Who Move the Nation Celebration, (COMTO - Conference of Minority Transportation Officials); Washington, DC

INTERVIEW FOR "RAISING THE BAR" TALK SHOW WITH DC NITELIFE'S JV JONES

DC NITELIFE



media mentions

BUSINESS SPOTLIGHT & WWW EMPOWER PODCAST LAUNCH

DC NITELIFE



JULIAN BRITTANO LAUNCHED HIS NATIONAL TALK SHOW TOUR "RAISING THE BAR" AND IT'S PHENOMENAL!

DC NITELIFE

RELAX, REFRESH, RECHARGE: TRIAD WOMEN CONVENE TO EAT, DRINK, AND BE MERRY

THE HUFFINGTON POST

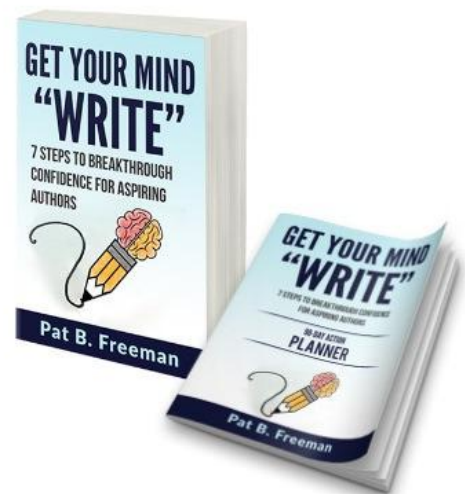


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SPEAKING FOR MORE
SPEAKING DETAILS

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INTERVIEW QUESTIONS

- Who is Pat B. Freeman?
- Why Get Your Mind "Write"?
- Who is Get Your Mind "Write" written for?
- What is the background story that led you to write the Get Your Mind "Write"?
- What is the expected outcome for the readers of Get Your Mind "Write"?
- What inspiration can you give to aspiring authors who are facing fears?
- What do you consider as the three main keys to becoming a great author?



PRESS RELEASE

FOR IMMEDIATE RELEASE

ASPIRING AUTHORS: GET THE “WRITE” MIND

Greensboro, NORTH CAROLINA, May 1, 2018 – Today, Inspirational Business Speaker and Women's Empowerment Coach, Pat B. Freeman launches her new book: *Get Your Mind "Write": 7 Steps To Breakthrough Confidence For Aspiring Authors*.

Pat, a John Maxwell certified speaker, trainer, and coach is also an author, serial entrepreneur, and founder/CEO of Pat B. Freeman (LLC), wrote the book as a source of encouragement for aspiring authors. She provides seven very important steps to help aspiring authors build the confidence to actually write. Her aim through this book is to help individuals become mentally prepared to write their first book without quitting or putting it off before achieving their goal. Pat sees the great need to pull persons out of the lack of confidence, fear and procrastination that they experience as aspiring authors.

Pat notes that “It takes confidence, determination, and a made up mind to start and finish any big goal. *Get Your Mind "Write"* is the quickest way to get your mind ready to write and become a published author. *Get Your Mind "Write"* will give you the inspiration and confidence to move from dreamer to believer to achiever. With the right mind-set, your book awaits!”

The book covers details such as why aspiring authors need to have the right mind-set, why confidence counts when writing to publish and why plain confidence is not enough and much more. Pat believes that this will be a life-changing publication for many future authors around the world.

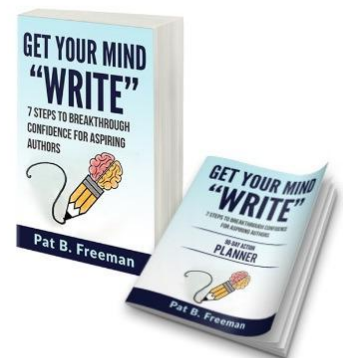
To complement the book is the “*Get Your Mind Write*” 90-Day Action Planner designed to keep you organized, clear-minded, on track, and able to review daily actions and progress at a glance. The *Get Your Mind "Write"* book and planner are both available in print from www.patbfreeman.com and the book is available in kindle version on Amazon.com.

ABOUT THE AUTHOR

PAT B. FREEMAN is a John Maxwell certified speaker, trainer, and coach with more than twenty years as a college administrator. She is an author, serial entrepreneur, and founder/CEO of Pat B. Freeman (LLC), a service and website with an entrepreneurial focus offering inspirational business speaking and women's empowerment coaching, including online courses and live training events, products, tools, and resources for business start-up, career growth, and leadership development. Pat's passion and mission are to provide solutions that help women and others follow their passion, be confident, move from stuck to clarity, build their dreams, and create a life that thrills. She speaks to motivate and inspire audiences to turn their inspiration into action and passion to profits.

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pat



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