



About Brenda



Brenda Stanton is a woman who lives and breathes her philosophy to Claim Your Worth™.

A passionate leader, coach and motivator in the field of female empowerment, Brenda is committed to showing everyday women, who have extraordinary visions for life & work, that they truly can have it ALL.

Brenda comes to her work from a deep place of knowing and experience. With a background that rewarded an ordinary existence, Brenda decided to beat the odds. After passionately pursuing her lofty dreams of attending one of the top business schools in her area and landing various management positions at some of the country's top media and consulting firms, Brenda felt there was something missing.

Discovering that the corporate halls didn't hold her answers for meaning and fulfillment, Brenda took her burnt-out Self and followed her heart's call for MORE.

And today, Brenda owns and operates a successful Life-Style business where she coaches, leads, and inspires women with Big Visions to step into their greatness. She is living her dream of more balanced and creative passion in her life through entrepreneurship.

Brenda's mission is to show women how to truly claim their worth and reveal: that they are more than enough just as they are today – and it is because of this Truth that they can experience, and have, everything they desire and deserve.

Brenda writes a powerful and insightful weekly eZine "Note Worthy" where women find inspiration and advice to help them claim their worth. She is a Certified Life Coach through Coach Training Alliance, a graduate of UMass Amherst's School of Management, known as a powerful leader for Ladies Who Launch and a self-help contributing author for PeopleJam.com.

Some Testimonials

"Brenda, thanks for all the insight, support, and your great energy - I am eager to keep working on all the soul assignments...and discovering my Authentic True Self"

"Brenda, thank you for encouraging me to dig-deep and reach for all that I want from life and work – your teaching is invaluable!"

Signature Talk

The Real Secret Every Women Needs to Know To Claim Your Worth™!

In reaching out to grab the golden ring of success, many women tend to hold themselves back and aren't sure why. This resistance can often be described as one of not feeling "good enough" or deserving of the lifestyle of their dreams.

What tends to prevent women from reaching their full potential is often a deep rooted issue of worth. In this enlightening talk Brenda will reveal to women, as a mirror would, how her own life story – with all it's trials and tribulations – possessed all the gifts and wisdom she needed to discover her true power and worth.

Brenda will take women through her own Process of Awakening - and show them that by discovering, integrating, and bonding with your *True Self*, that you are already equipped with everything you need to achieve all that your heart desires.

Women will leave with a renewed sense of hope, inspiration, and confidence to manifest their BIG, extraordinary visions that they have for both life and business.

Media Mentions



Invite Brenda To Speak

If you're interested to have Brenda speak at your next event or workshop please contact:

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