

Judith Pepper

Guiding women age 40+ to ask the question, "Now, what about ME?"



Judith Pepper

is a life sage, author and public speaker who guides women over 40 to ask and explore the question "Now, What About ME?"

Judith is the author of *The Age of Sage: Extraordinary Advice for Extraordinary Women*, a selection of narratives, formulas and ideas on how mature women can reframe negative thoughts into positive beliefs, so they

can build their momentum to live life as fully and wildly as they desire.

Judith is also an expert public speaker on the subject of life transformation over 40. She's addressed audiences of hundreds of women all over the US, including the Aspen Institute, Texas Tech University, Western Colorado University, numerous women's health conferences and other regional organizations.

Judith specializes in helping others understand and master the "Four Stages of Transformation:"

1. Within one's SELF
2. In our RELATONSHIPS with others
3. In our work and CAREER
4. In our ability to PLAY, be creative and enjoy life.

Using her four-step reframing process attendees learn tools and techniques to reframe negative to positive thinking:

- **NAMING:** Identifying what you desire in each of these areas.
- **CLAIMING:** Getting specific about what you want to create.
- **FRAMING:** Creating and taking the actions to make it happen.
- **FAMING:** Fully celebrating and relishing the changes you have made.

Judith on Twitter:
[@WhatAboutMeJP](https://twitter.com/WhatAboutMeJP)

Judith on Facebook:
<http://www.facebook.com/judith.pepper>

Now What About ME? on Facebook:
<http://www.facebook.com/nowwhataboutme>

CONTACT JUDITH:
jpepper@laplaza.org

WEB:
<http://JudithPepper.com>

JUDITH'S 'NOW, WHAT ABOUT ME?' KEYNOTE SERIES TOPICS

"WHAT YOUR MOTHER NEVER TAUGHT YOU ABOUT PLEASURE"

"VIBRATIONS OF JOY"

"SO, YOU'VE LOST YOUR MOJO?"

"WHY NOT ME?"

"YES, PLEASURE DOES MATTER!"

~WHAT WOMEN SAY ABOUT JUDITH~

"Judith is a true sage....she can take you 'there' because SHE has been 'there!'"

~ MELANIE ERICKSEN, M.S., LMT,
CEO Artist of the Body

"Every time I hear Judith speak, I leave inspired, motivated and ready to make positive changes in my life. Her message to live life to its fullest, be bold and take chances serves as a great role model to women."

~ SANDRA SHAW, Executive Director, Lake Jackson Chamber of Commerce

"Judith Pepper is an energetic and engaging speaker that has the ability to make an audience feel at ease... She makes me look forward to what lies ahead."

~ CHERI MCBURNETT, South Texas Community Volunteer