

 Pamela THOMPSON

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Pamela Thompson, BN, MSc. powerfully connects with and skillfully engages her audiences.

She is passionate about sharing her transformational stories, messages and actionable strategies on how to successfully navigate change, lead in uncertain times, and how to thrive in life and work. Pam has spoken to audiences around the globe from North America to the UK, from Poland to Afghanistan, from Pakistan to Nigeria.

In addition to being a **certified life and business coach**, Pamela brings to her speaking a diverse background as a nurse, university professor, **professional facilitator, project manager and consultant** in North America, Latin America, Europe, Asia and Africa. She has gleaned a number of valuable leadership lessons from more than 25 years of consulting and managing in a variety of organizations and cultures.

Her key accomplishments include:

- Helping the Ministry of Public Health in Afghanistan develop their first strategic plan and building the capacity of internal teams to do strategic and operational planning
- Leading the design team and facilitating the shared vision for a multi-million dollar project that was successfully implemented in a Muslim and a Christian state in Nigeria
- Project Director of a multi-million dollar project in Pakistan that included building consensus among multiple stakeholders and resulted in building a second generation surveillance system for HIV/AIDS in the country
- Being commissioned by the Pan American Health Organization (PAHO) to research and write the program and policy document for Latin America and the Caribbean *Health Promotion: Improving the Health Status of Women and Promoting Equity*.

Pam is author of the #1 best selling book *Learning to Dance with Life: A Guide for High Achieving Women* based on her own journey, in-depth interviews and work with clients. It is supported by evidence from neuroscience, the health-promoting and healing benefits of the arts, and Eastern psychology.

A portrait of Pamela Thompson, a woman with shoulder-length brown hair, smiling. She is wearing a dark blue long-sleeved top and a long necklace with a heart-shaped pendant. The background is a light, patterned wall.

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In *Learning to Dance with Life*, Thompson shares the “**Seven Keys to Creative Living**”, her proven system to help both women and men rediscover their passions, reduce stress and create healthy, balanced lives THEY design and love.

Pamela has created two successful management consulting businesses since the early 1990s, and is currently President of **Creative Life Coaching Inc.**