

# From **CHAOS** to **FREEDOM** *and* **HAPPINESS**

YOU HAVE  
**unlimited power** within you

*Tressa Mitchener*

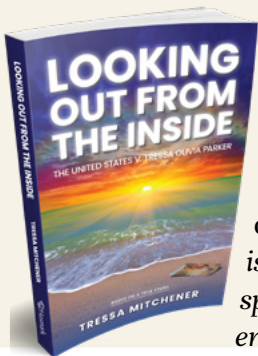
Tressa Mitchener, AUTHOR and  
TRANSFORMATIONAL SPEAKER



Tressa Mitchener grew up in a broken home, suffered abuse, made poor choices, and ended up in prison as a result. Rising from the ashes, this phoenix has an incredible story of transcending the impossible to reach the possible. Now a well-respected Psychological and Christian Counselor, Certified Life Coach, Bestselling Author, and Transformational Speaker, Tressa is sharing her story across the country.

Tressa's journey of hope offers others a completely unique perspective and gives audiences the tools to transcend chaotic situations in order to create a life of freedom and happiness. Tressa's mission is to educate and empower others to no longer be held back by their circumstances and limiting beliefs.

Within the past few years, she founded **REVAMP Novelties**. As the CEO of her philanthropic company, Tressa is fully dedicated to helping others gain an understanding of their own creative abilities, to reach their potential and purpose and create a truly abundant life. Tressa's book, *Looking Out From the Inside, The United States VS Tressa Olivia Parker*, is available on Amazon.com and BN.com. *Tressa Mitchener is a captivating and compelling speaker for your next event and is an engaging, articulate interview with an incredible story of hope.*



Tressa is available to speak to churches, women's groups, middle and high schools, boys' and girls' clubs, Boy Scouts and Girl Scouts of America, prisons, PTA, teacher's associations, parenting groups, juvenile detentions, etc.

## Speaking Topics for Live and Virtual Keynotes, Seminars, Workshops, and Lunch & Learns Include:

- **The Consequence of Choice** - Make Sure Your Feet Align with Your Words
- **The Power of Your Personal Declarations** - You Can Make or Break Your Destiny
- **What Are You Thinking?** Create Your Own Positive Atmosphere
- **Forgiveness** - The Key to Liberation from Emotional Paralysis
- **Are You a Know-It-All?** A Teachable Spirit is the Door to Wealth, Health, and Wisdom
- **Choose Your Friends Wisely** - You Will Rise No Higher Than Those With Whom You Associate
- **The Fact of Not Knowing** - Untangling the Webs of Life
- **My Psalm 23 Prison Survival Mantra** - Creating My Transformational Path

## What Others are Saying:

*"Tressa Mitchener has gone through exceptional trials, tribulations, and challenges, all of which have strengthened her faith. In this book she shares her unbelievable story of triumph. Her journey can be an inspiration for many who feel that there is no hope. There is always a way when you believe. I believe in Tressa and her gift to enlighten the world."*

Peggy McColl, New York Times Best-Selling Author

## Contact Tressa:



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