

The logo features the name 'Pearlette Ramos' in a white, elegant cursive script. The text is centered and partially overlaid by a circular graphic element consisting of several concentric, slightly offset lines in a dark red color, creating a subtle ring effect. The background is a solid, vibrant red with faint, larger-scale circular patterns that echo the central graphic.

Pearlette Ramos

INSPIRING & AWAKENING THROUGH EXPLORATION



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BIOGRAPHY

Pearlette J. Ramos, PhD, JD

As a lawyer, coach, inspirational speaker, and author, Pearlette Ramos, PhD, JD, uses her humble background to inspire and awaken others to live more fulfilling, passionate, and authentic lives! Pearlette has a special way of connecting with others that inspires and empowers them to transform self-limiting beliefs into calls to action. She uses her personal story as evidence for what's possible for others—when they relentlessly listen to their intuition and pursue their dreams!

Armed with a strong intention and vision for her future, Pearlette turned numerous adverse traumatic childhood experiences into triumph! Born in poverty and raised in an abusive home, Pearlette dropped out of high school in the 10th grade when she became pregnant at 15 years of age. After living four short months, Pearlette's daughter died of acute bronchial pneumonia. Devastated by her baby's death, Pearlette channeled her heartbreak into positive action and committed to make something of her life. She obtained her GED; applied and was accepted into college, then law school—becoming the first in her family to graduate from both. After practicing law for 11 years, she went back to school and obtained a doctorate degree in psychology.

During the early years of her career, Pearlette was a single mom who worked several jobs – sometimes three at a time – just to make ends meet. The opportunities in these roles – serving as a rape crisis counselor as well as helping women get off public assistance – allowed her the experience of helping to uplift women. She also worked in various domestic violence shelters where she advocated for women and children who had experienced violence and abuse. These experiences ignited a fire within her to change the laws that disproportionately impacted women and people of color.

Pearlette raised two beautiful daughters as she's globetrotted around the world—having visited all seven continents and more than 60 countries. Combining her zest for life with her story of redemption, she leads women on transformational travel adventures from Iceland to Antarctica – and everywhere in between.

Education:

- Bachelor of Arts, Psychology and Business Administration, Methodist University
- Juris Doctor, Case Western Reserve University School of Law
- Doctor of Philosophy, Psychology, Saybrook University



“Inspiring and empowering women to navigate life, and find their True North, is my calling. I’m ecstatic to be a part of another person’s life journey.”

SPIRITUAL COACH

For more than 30 years, Pearlette has been committed to empowering women to live extraordinary lives. Today, she helps busy professionals realize their goals and live more purposeful, vibrant and balanced lives through a variety of specialized techniques, to include supportive coaching, writing, motivational speaking, and travel adventures. Her passion is in helping women find their voices and discover – or rediscover – who they are and what they want! Living life on her own terms, in a way that honors herself and others, is something Pearlette strove to conquer in her own life, and she thrives on working with others to help them accomplish the same joy in their lives.

Pearlette is a certified professional coactive coach, having received training through the Coaches Training Institute, and is a member of the International Coaches Federation.



INSPIRATIONAL SPEAKER

Pearlette knows what it is like to juggle a career with family obligations, and she shares her insights with audiences around the world. She helps women release fear and doubt and embrace their true calling! An author, international speaker and engagement expert, Pearlette offers keynote speeches, retreats, training sessions and workshops that inspire and awaken individuals to connect to their purpose and live a life they love! Expressing and living her true passion, Pearlette brings inspiration and awakening wherever she goes.

“Inspiring and awakening through exploration comes not only from physical travel, but from experiencing the freedom that flows when we release barriers and allow our true selves to guide our path.”



TRAVEL INFLUENCER

During the past 20 years, Pearlette has cultivated a relationship with the adventurous spirit she has always had within her. Travel is one of the mediums she has used to transform her life. Pearlette is an adventurer, at heart, and her passion for exploration has led her to scuba dive at the Great Barrier Reef in Australia, parasail in Hawaii, travel down zip lines in the Alaskan wilderness, skydive out of a plane in Michigan, and snowshoe in the Antarctic region.

Today, she guides transformational journeys around the world and facilitates women's empowerment trips as a means of supporting others to live life with passion and purpose. Having visited more than 60 countries and each of the seven continents, she loves navigating the planet alongside other women. She's organized many local and national travel adventures as well as journeys as far away as Antarctica, Chile, Croatia, Montenegro, Cuba, and Italy. In 2021, she will lead an adventurous group of women who are headed to Tanzania to hike Mt. Kilimanjaro, go on safari in the Serengeti and lounge on Zanzibar's beaches.

"Inspiring and awakening through exploration comes not only from physical travel, but from the joy that comes in releasing the barriers that keep us from our true selves."

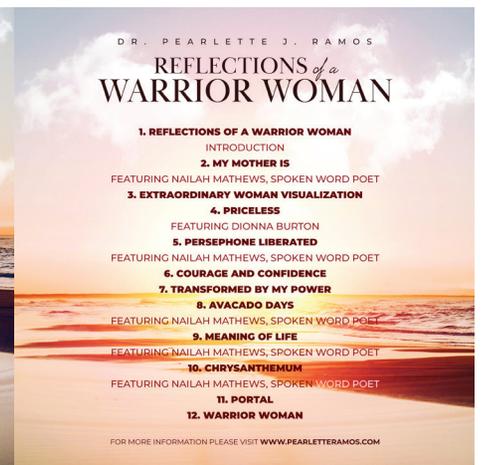
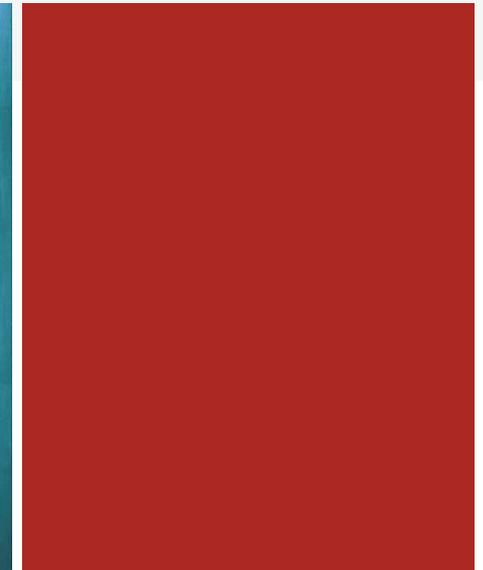
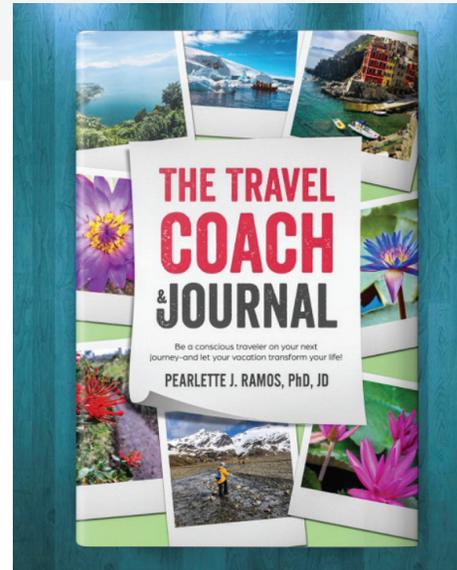


BOOKS & CDs

Pearlette's first book, *The Travel Coach & Journal** is a motivational coach, planner and travel guide – all in one! Part one includes reflections and affirmations that coach you to explore yourself and the world simultaneously. Probing questions and inspiring exercises help you take a deeper dive into your inner experience while you visit the sites and scenery around you! Part two has a 21-day journal that aids you in planning and memorializing your trip. Whether you are traveling solo, with friends, or part of an organized group, you can create a unique travel experience by being a conscious explorer on your next journey.

Pearlette is currently working on her second book – an inspiring and empowering story aimed at helping women navigate their personal life journey with courage and confidence to find their True North.

Pearlette has also released a meditation CD available for download on her website called *Reflections of a Warrior Woman*. It is a compilation of affirmations, spoken word poetry and guided visualizations. One key message comes through this collection: Women are a force for transformation and are needed now--more than ever--to step into their power, lead and change the world! Aimed at empowering women to live courageously, this project encourages women to own their brilliance and shine with confidence. Whether in the boardroom, community, or at home, the warrior within each woman is needed to express her most authentic self. Silence the voices of fear and doubt that would keep you from standing in your power. Listening to positive messages and poetry for just a few minutes each day can help you let go of self-limiting beliefs and embrace the intuitive, bold woman within!



*Available through Amazon

Philanthropy

A vertical white line is positioned to the right of the word "Philanthropy", extending from the top of the word down to the bottom of the page.

SERVICE & ADVOCACY

When she's not writing, coaching others, or traveling the world, Pearlette contributes her time, talent and energy in service of others. Some of her local community service activities have included serving on the city of Avondale, Arizona Parks and Recreation Board; Environmental Committee; and Risk Management and Planning Commission.

During the past 15 years, Pearlette has been a member of various international, national and state organizations including the International Coaches Federation; American Psychological Association; Arizona Women Lawyers Associations; Los Abogados Hispanic Bar; Maricopa County Lawyers Association; Arizona Black Bar; and Phoenix Rotary 100.

Concerned about the economic systemic oppression of women, people of color and underrepresented communities, Pearlette ran (2020) and won a 3-year seat on the OneAZ Credit Union Board of Directors. She represents the interests of 140,000+ members whose credit union assets are worth more than \$2.1 billion..

She has also served on her local school board (2017-2020), Littleton Elementary School District, where she represented the interests of more than 6,700 students. In addition, she is a volunteer mentor with the Arizona Foundation for Women and co-facilitates conversations about race, justice, and equity through Sisters Talk About Race (STAR), a group she cofound.



Signature Speaking,
Workshops and Retreats

SPEAKING EXPERIENCE

Advance and Emerge Women

Lewis State Prison

Bethany Church

Arizona State Bar Association

Phoenix Rotary 100

Lewis State Prison

National Conference of State Liquor Administrators



SIGNATURE SPEAKING, WORKSHOPS & RETREATS

Taking joy in challenging others to grow, raise their awareness, and utilize their creativity, Pearlette has taught in both academic and natural settings for more than twenty years. She is an adjunct faculty member for Grand Canyon University (Phoenix, Arizona) where she challenges and encourages her students to have an ever-expanding quest for learning.

Pearlette facilitates Warrior Woman workshops and speaks at women's conferences and other events revealing how our courage, faith, and love—of self and others---can transform who we are and the world we live upon. Pearlette uses travel experiences and inspirational photography, with audiences, to help close the gap between where they are and where they want to be.

CORPORATE AND CONFERENCE SPEAKING TOPICS

Each topic may be presented in any of the following formats:

- Keynote speech: 30 to 90 minutes
- Workshop/seminar/conference breakout session: 90 minutes to 3 hours
- Full Day Programs/Retreat Days: 6 hours

BEING AN AUTHENTIC PRESENCE IN THE WORLD

The journey towards the self is often a rocky one. There are triumphs and defeats on the path to self-discovery. The good news is, every experience --no matter how challenging --can be used for your good! As you come to understand and accept yourself you begin to discover your own uniqueness. With acceptance comes the courage to express your authenticity in the world. Pearlette uses her lived experiences, research and presence to help you bring depth of wisdom, substance and authentic presence to everything you do! She uses a combination of inspiration and thought-provoking discussion to help reveal who you are, at the deepest level. To bring your authentic presence forward, you do not have to change who you are---you must simply give yourself permission to express what's in your heart.

TRAVEL TRANSFORMS

Travel requires that you stretch and bend and adjust to the experience right in front of you. Often, you have no time to think or analyze. Instead, you must be in the moment to take it all in fully. This is one of the reasons travel has transformative power! Venturing around the world offers new opportunities to see and experience life and yourself. When you step out of your comfort zone and engage with the world, you get to see yourself differently. As you partake, you grow. You break boundaries. You have fun. You take risks. You overcome fear. You set new records. Most importantly, you give yourself permission to try and fail--and try again. The process helps you cultivate a relationship with your authentic self.

SIGNATURE SPEAKING, WORKSHOPS & RETREATS

YES, YOU CAN HAVE IT ALL: WARRIOR WOMAN, YOU!

Often, women butt up against societal norms or belief systems that tell us who we are and what we are capable of. During the past half century, women have caught up with men in earning college degrees and employment outside the home; however, women still do not experience equality in media, corporate and political leadership or pay. Inequalities in the American system are institutionalized where women are told to shut up and sit down while they are excluded from the boardroom, executive offices, and political offices—where their voices and strengths are sorely needed. The presence of women, in every corner of American society, but particularly in positions of power, is needed now more than ever. A woman who speaks her truth, stands up for what she believes is right, and does so using her authentic power, as her greatest strength, is a woman who will change the world! This workshop is focused on the power of presence each woman has to manifest her heart's desire.

YOU'VE GOT GRIT: BE COURAGEOUS AND CONFIDENTLY VULNERABLE

Expressing your truth, awakening to your power and developing a deeper level of relationship and vulnerability is your greatest power! Being vulnerable demonstrates strength, not weakness, which is a challenging lesson to learn in a world driven by competition, capitalism and individualism. To be vulnerable simply means we are capable of being wounded or hurt—that we are open to the full expression of our humanity. Anyone can walk around and pretend they don't have emotions – to imply that nothing bothers them. That is not strength; it is denial. It takes inner power and fortitude to acknowledge and honor what is showing up inside of you -regardless of

how others might perceive or judge it. Allowing ourselves to be present to who we are and express the light within our own hearts helps us accept our own worthiness; trust our authentic self, share our hurts with others, let go of any shame, blame and guilt, and take risks!

JUST BREATHE: TUNE OUT, TUNE IN, WAKE UP!

So much is happening in the world today. When we focus outside ourselves it's likely we'll be anxiously on super-alert, fearful, and concerned about the future. This workshop is for you if you've found yourself stressed, overworked, under-valued and overlooking your own needs.

This session will help you:

- Speak your truth in a safe place
- Discover ways to nurture your own desires
- Release your fear and doubt
- Develop a deeper connection with yourself
- Share your thoughts with other powerful women
- *Just Breathe* and center within yourself

SIGNATURE SPEAKING, WORKSHOPS & RETREATS

THE POWER OF "I AM!"

There is power in defining your "I Am..." with confidence and clarity. These two words are the most pivotal self-defining statements one can make. They affirm who you know yourself to be as well as the personality you project onto the world. But, who are you really? We often define ourselves based on the limitations of our ego (one's sense of self-esteem) or personality (a combination of characteristics—behaviors, thoughts and emotions or qualities, like race, gender, marital status, career, socioeconomic status that define who we see ourselves to be). However, neither of these traits adequately reflect the totality of who we are mentally, emotionally, physically, spiritually, or sexually!

This workshop challenges participants to explore their personal thoughts about themselves while focusing on exposing and healing self-limiting ideas:

- Consciously creating your I AM from a place of self-love and acceptance.
- Living authentically
- Making peace with yourself by being fully seen by yourself and others
- Stop hiding your light, diminishing your success, and putting yourself down
- Understand people will like you, dislike you, hate you or love you; your task is to be who your Spirit or intuition is calling you to be

Once you consciously create the I AM from a place of self-love and acceptance, you can help heal yourself and others around the world.

MORE SPEAKING/WORKSHOP TOPICS:

- Building Your Personal Resilience
- Happiness Is a State of Mind
- Unlock Your Power: Be the Hero by Finding the Inspiration in Your Own Story
- It's Not Over Until It's Over: Start to Really Live Today!
- Leadership: Listen More Than You Speak, Give More Than You Take
- How to Live a Spiritually Awakened Life
- Change Your Choices, Change Your Life
- Let Go: Freedom is a State of Mind
- Embodying the Divine Feminine In a Competitive World

Contact Pearlette for additional information on these topics.

Booking Information

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<https://www.instagram.com/pearlette69/>

Facebook:

<https://www.facebook.com/Where-in-the-World-Is-Pearlette-Travel-Adventures-269770303679385/?refsr>

Twitter:

<https://twitter.com/drpearlette>



EVENT INTRO/QUOTES

EVENT INTRODUCTION BIO

Dr. Pearlette J. Ramos is a motivational leader, lawyer, writer, coach and travel influencer. She leads transformational journeys around the world, facilitates empowerment workshops, and coaches others toward living life with passion, purpose and authenticity.

Pearlette is a globetrotter who has visited more than 60 countries and each of the seven continents. Her adventurous spirit has inspired her to scuba dive at the Great Barrier Reef in Australia, parasail in Hawaii, travel down zip lines in the Alaskan wilderness, and snowshoe in the Antarctic region.

She draws on her traumatic childhood experiences and global adventures to help women release fear and doubt, listen to the call of their intuition, and embrace their true nature because she believes, "A woman who speaks her truth, stands up for what she believes is right, and does so using her authentic power is a woman who will change the world!"

When she's not speaking, traveling or coaching, you can find Pearlette hiking, spending time with her two daughters, Dionna and Nailah, and volunteering in her community where she serves on various public and non-profit boards.

To view more information about her, please visit pearletteramos.com

QUOTES

1. "Inspiring and awakening through exploration."
2. "Release fear and doubt and embrace your true calling."
3. "Being genuine and speaking the unspeakable truth about who you are requires both courage and confidence."
4. "Speaking your truth—even to yourself—with compassion, creates self-intimacy and opens the door to greater self-acceptance and deeper connections with others."
5. "All human beings are born with a deep desire to live fully, without restriction, and to express their true nature."
6. "We are here to experience joy, express ourselves, and discover and fulfill our purpose. As such, happiness and freedom are inextricably intertwined."
7. "Living in the comfort zone of life can be peaceful; however, it can also be limiting if you find yourself stuck there—unable to move because you are gripped by fear or attachment to the status quo."
8. "You are here to discover your brilliance and share it with the world."
9. "The reality is life is not happening to you, it's responding to you! It responds to your thoughts, your emotions, and your actions."
10. "My story, while unique to me, can also be told by millions of other women who have confronted significant obstacles in their lives."
11. "Be a conscious traveler on your next journey and let your vacation transform your life!"
12. "Challenge yourself to discover the world around you—as well as the world within you!"
13. "My inspiration comes from a belief that every person is a co-creator with Universal Spirit or Consciousness (an underlying essence of being or energy that exists in all things), imbued with resilience and the potential to manifest their dreams regardless of life's obstacles. A healthy mindset, grounded in faith and love, can turn any struggle into triumph."