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POWER *up*

Inspiration. Motivation. Empowerment

The POWER^{up} Team



NICOLE SAMOLIS
TRIBE
LEADER

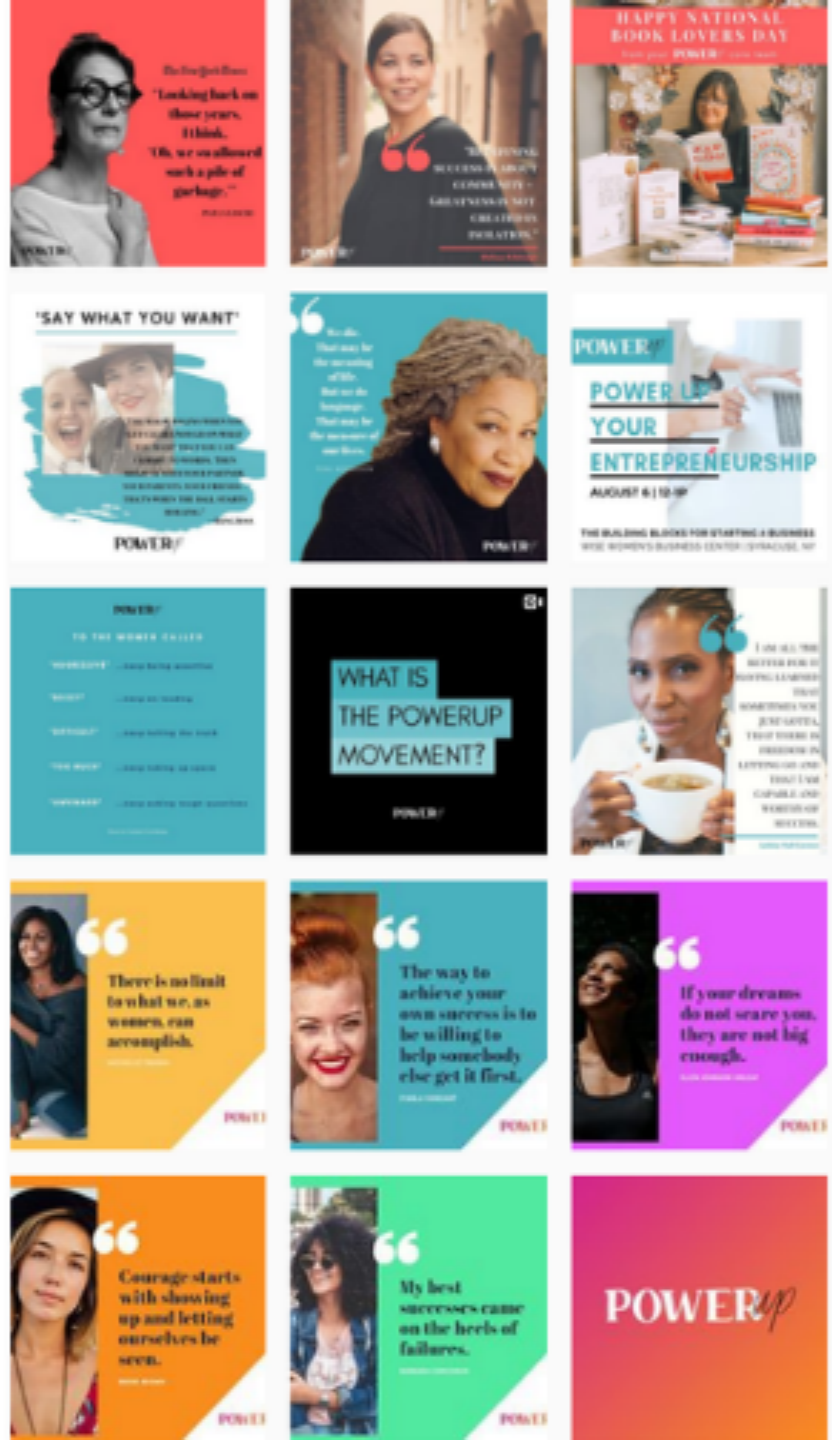
SUSIE IPPOLITO
CREATIVE
DIRECTOR

TATIANA SPEARS
SOCIAL MEDIA
QUEEN

JESSICA STEELE
MARKETING &
CONTENT QUEEN

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FIND SOMETHING YOU
ARE PASSIONATE
ABOUT AND TAKE A
MOMENT AND
INTENTIONALLY PUSH
THE DOMINOES
TOWARD HAPPINESS

Lorna Oppedisano

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IT'S NOT ABOUT
'KNOWING
IT ALL'-
IT'S ABOUT
HOW YOU
SHOW UP
WHEN YOU
DON'T KNOW

Carole Ann Penney



“

"REDEFINING
SUCCESS IS ABOUT
COMMUNITY -
GREATNESS IS NOT
CREATED IN
ISOLATION."

Melissa Killeleagh




“

THE BOLDEST PART ABOUT ALL OF THIS WAS SENDING THE EMAIL AND HAVING THE AUDACITY TO ASK FOR A MEETING IN THE FIRST PLACE

Katelyn Kriesel

POWERup



I AM ALL THE BETTER
FOR IT HAVING
LEARNED THAT
SOMETIMES YOU JUST
GOTTA, THAT THERE
IS FREEDOM IN
LETTING GO AND
THAT I AM CAPABLE
AND WORTHY OF
SUCCESS.

Latisia Hall-Cannon

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WHEN WE LIVE WITH
SYMPTOMS AND GIVE
THEM TERRITORY
AND NORMALCY IN
OUR LIFE, THEY
SNUFF OUT OUR
VITALITY.

Amy Doyle

