

## **Short Bio**

Goal Achievement Strategist, Pat Council dubbed, "The Power Lady" by audiences is an energetic, charismatic, credible trainer and speaker with a successful 20 plus year track record of successfully helping others achieve their goals through sales and entrepreneurship. She is the founder of [Power Up Nation](#), Incorporated, a company committed to inspiring and coaching others to release their success potential by establishing a personal proactive plan that inspires excellence and goal achievement. She is the self-proclaimed queen of bounce-back-ability, which is why she can help so many others successfully strategize and achieve success.

Pat is the author of six self-empowerment books. Her skills as a Certified Life Coach and Certified Sales Coach are displayed throughout her books. She is the host of a popular [podcast – Designing Your Life Today](#).

Pat served in the United States Army as a soldier and as a performer with the United States Army Band. She put herself through college and is a graduate of the University of Maryland. She also attended the University of North Florida. After graduating from college, Pat built lucrative careers in real estate and cosmetic sales.

Having to start over again after the economy collapsed, Pat learned the art of bouncing back and excelling to higher levels by expanding her mindset, vision and using her gifts, talents and experience. She also cultivated her company, Power Up Nation, Inc. into a successful, profitable business. Pat's company values excellence, integrity, professionalism and results. Pat is no stranger to hard work. When the economy tanked, Pat worked to rebuild a quality life and a thriving business. Realizing that she could inspire others to rebound and achieve their dreams, just as she had, Pat walked away from real estate and towards her true passions: speaking, writing, coaching and consulting.

Pat has been quoted in numerous periodicals, business journals and magazines, such as Black Enterprise. She has appeared as a success expert on radio shows across the country and on ABC, CBS and Fox affiliated television stations.

She believes that anyone can make it if they are honest with themselves about their own magnificence and have the courage to act on their dreams. She is all about "doing life with power".