

Empowering Women

to Trade Fear for Freedom—and a Little Southern Sass Along the Way

Pat Allen is a firecracker Southern storyteller, bestselling author, and no-nonsense speaker who helps women ditch fear, find joy, and leap life's hurdles—even in a girdle. Her book *Hurdles in a Girdle* shares her wild ride through divorce, grief, reinvention, and second chances with real talk and sweet tea charm.

From innkeeper to real estate mogul to author, Pat has rebuilt her life time and again—and come back shinier each time. Whether she's on stage or on a porch, her soulful, sassy stories leave women laughing, nodding, and saying, "Well bless her heart... she just told my story." And that's exactly her gift.

with *Pat Allen*



KEYNOTE TOPICS

Letting Go of the F-Word: How Fear Holds Us Back from a Joyful Life

This powerful, funny, and unfiltered keynote helps women identify the fears that keep them stuck—whether it's a toxic relationship, unfulfilling career, or just plain people-pleasing. Pat shares her own story of transformation and teaches audiences how to trade fear for freedom and create a life that feels good on the inside (*not just one that looks good on Facebook*).

When Life Gives You Bullsh*t, Sprinkle It in the Flowerbeds and Watch the Beauty Grow

This down-home, hilarious keynote is all about resilience—Southern style. Pat inspires women to take the "fertilizer" life hands them and grow something beautiful. Perfect for audiences who need a pick-me-up with a dose of real-life wisdom and a touch of lipstick-on-a-pig truth-telling.



www.hurdlesinagirdle.com





WORKSHOP OPTIONS

From Stuck to Unstoppable

A hands-on session guiding women through crafting their personal "next chapter"

Sweet Tea and Second Chances

A retreat-style experience on healing after loss, divorce, or burnout

The Cinderella Syndrome

Book: Hurdles in a Girdle:

Holding Life Together When You're Bursting at the Seams – A memoir-meets-manual for getting unstuck and stepping into joy

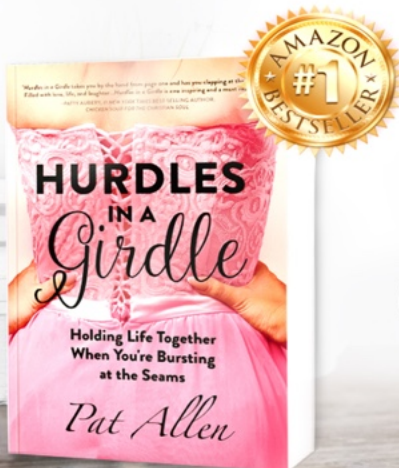
Podcast: Sweet Tea & Second Chances – Stories and conversations to inspire women reclaiming their lives



CONNECT



- www.hurdlesinagirdle.com
- Speaker Inquiry Link: therealpatallen@gmail.com
- Instagram: [@therealpatallen](https://www.instagram.com/therealpatallen)
- LinkedIn: [linkedin.com/in/therealpatallen](https://www.linkedin.com/in/therealpatallen)



Order the Book

Testimonials



Pat Allen is a powerful voice for women navigating the complexities of life, career, and relationships. Through her heartfelt stories and transformative insights, she empowers her audiences to break free from limiting patterns, reclaim their authentic selves, and forge a brighter, more fulfilling future."

– Jack Canfield,
Coauthor of the New York Times , #1 Best Sellers Chicken Soup for the Soul® series and The Success Principles



Pat lit up the room! Her humor, heart, and honesty moved our audience from tears to belly laughs. We're still quoting her!"

– Event Host, Women's Empowerment Summit

