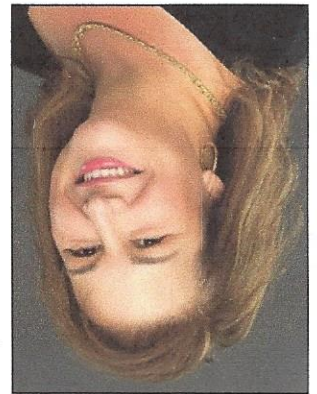


INSIDE COVER STORY — In Her Own Words

My Feminine Journey

By Kimberly Hambrick



My name is Dr. Kimberly Hambrick and I would rather be known for my heart instead of my resume. I am a faithful believer in God who is finally living into my gifts. And I am one blessed Mom to two amazing sons 23 and 26 years old.

I was born in West Virginia and still reside here. I was the middle child in a blue-collar Italian American family. I grew up loved but with limiting self-beliefs. My older sister was celebrated and my younger brother—who would carry on the family name—was honored. And me, I was the carbon copy, mini-version of my sister. Photo after photo shows us dressed exactly alike—twins but three years apart—many of my birthday photos have her, right next to me, as we are getting ready to blow out MY candles.

I became the good kid, the smart kid, the one determined to succeed and I did. Yet, I desperately wanted others to tell me I mattered. Well into my adulthood, I continued to marginalize myself by failing to claim my OWN worthiness. I was successful and happy but I was always putting myself last.

A devastating situation with my youngest son in 2016—due to his own choices—made my faith stronger as God held us together and moved us forward. And as we were emerging from this situation, I was blindsided by a “colleague and friend” of 10 plus years who launched a calculated attack to destroy me professionally, financially, and personally. The attack was not successful, but it was the catalyst for me to resign from a stellar corporate career of almost 30 years. I started my own consulting business—Kimberly Hambrick Consulting. **Many thought I was having a mid-life crisis—but I was having a mid-life awakening.**

Something inside of me clicked, for the first time in my life, and I knew there was more I was called to do. Today, I am a leadership development and personal growth coach and trainer. I

DESIGN empowered leaders!

I work with those who want to break free of the everyday nonsense of their life and/or the corporate grind that drains their soul and leaves them unfulfilled and sleepwalking.

And I work with women who are wanting to take action and live into their full potential. There is POWER in each of us becoming awake to our OWN potential. Creating the life we imagine and thriving daily, instead of just surviving. When we do this, something amazing happens—we intentionally influence others to do the same. We move beyond our own success and we get to significance—adding value to others.

In addition to starting my own business, I also surrounded myself with amazing mentors and focused intentionally on my own growth. I worked to shift my mindset. For example, I focused on what followed my “I am” and I realized how effortlessly I said things about myself that I would never say to another person. I created new, empowering statement and this simple yet profound mindset shift has opened my eyes to my own worthiness. I no longer seek outside validation. “I am enough!”

I am living proof that you CAN in fact make changes to your belief system and stop believing the BS you allowed to swirl inside and around you. Today, I am empowered to live my life on my own terms. I am at peace with my past. I have blessed and released many who doubted me or tried to destroy me. And I am living authentically, intentionally, and ALL IN.

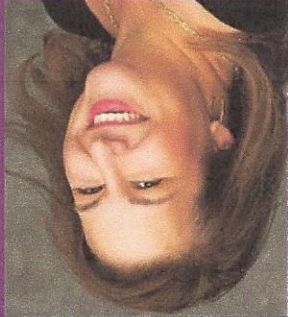
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