



Pam Dwyer

SPEAKER • CREATOR OF DELAY THE BINGE™

Helping high-functioning women recognize **quiet depletion** before it becomes burnout, unhealthy coping, self-sabotage, or disconnection from themselves.



Your Past Does Not Define You; It Prepares You.



ABOUT PAM

Pam Dwyer is a speaker, bestselling author, and creator of Delay the Binge™, a practical framework that helps people interrupt unhealthy patterns and make intentional choices in moments that matter most.

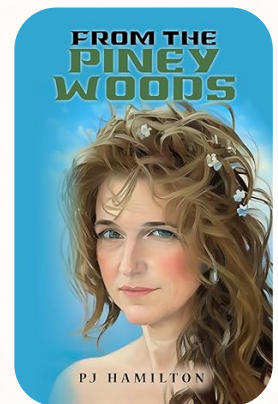
Through powerful storytelling and lived experience, Pam helps audiences recognize quiet depletion—the emotional, mental, and physical exhaustion that often hides behind achievement, responsibility, caregiving, and success.

Her message combines the behavioral interruption principles of Delay the Binge™ with the growth philosophy of The Plus One Theory™, helping people pause, choose differently, and finish stronger.



WHY AUDIENCES CONNECT

- ✓ Creator of Delay the Binge™
- ✓ Creator of The Plus One Theory™
- ✓ Bestselling Author of *From the Piney Woods* (written under the pen name PJ Hamilton)
- ✓ Host of the Delay the Binge™ Podcast
- ✓ 30+ Years of Leadership, Ministry, Marketing & Personal Development Experience
- ✓ Featured Speaker for Leadership, Wellness, and Women's Events



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SIGNATURE KEYNOTES



**QUIET DEPLETION:
WHAT HIGH-FUNCTIONING
WOMEN DON'T SAY OUT LOUD**

Learn how hidden emotional exhaustion impacts performance, relationships, health, and leadership.



**DELAY THE BINGE™:
THE PAUSE THAT
CHANGES EVERYTHING**

A practical framework for interrupting unhealthy patterns and making intentional choices under pressure.



**YOUR PAST DOES
NOT DEFINE YOU;
IT PREPARES YOU**

A powerful story of resilience, identity, healing, and turning adversity into momentum.



**PAUSE. CHOOSE.
BUILD MOMENTUM.
FINISH STRONGER.**

Leadership lessons from The Plus One Theory™ and how small intentional actions create lasting impact.



IDEAL AUDIENCES

Women's Conferences

Leadership Events

Healthcare Organizations

Employee Wellness Programs

Entrepreneur & Professional Women's Groups

Faith-Based Organizations

Bariatric & Weight-Loss Communities

Let's Connect!

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DELAY
the **BINGE™**
One delay at a time.

TPKK
CONCEPTS
INSPIRE, MOTIVATE, EDUCATE

PJ Hamilton
as Author