

Pam Heil PROFESSIONAL SPEAKER & AUTHOR



Run the Race Center in the Hilltop

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As a high school English teacher, Pam Heil's focus was the written word. However, it was her ability to read between the lines, sensing her student's unvoiced struggles, that ultimately launched Pam on her mission to reach youth in a more profound way. Now, her message of finding passion and purpose and the powerful role real love plays is making a powerful impact on audiences of all ages, including readers, as she launches a new book.

Tell us about your background in youth and young adult ministry. I have been a teacher at the middle and high school levels, locally at St. Michael, at St. Francis DeSales and at St. Brigid of Kildare, a coach at DeSales and Jerome High School, a Campus Minister at DeSales, and Youth and Young Adult Minister, and Facilitator of Family First, a group to help parents parent, at St. Brigid. Over the years, I have spoken to thousands of teenagers, young adults and parents, with Youth to Youth, and my personal speaking engagements in schools, parishes, at youth rallies, on mission trips, at service work camps, and at national conferences.

When I was a high school English teacher, I couldn't help but notice the pain in the eyes of my students. I became driven to help them find direction, to find meaning in life, to find their passion and a sense of worth, to find their power to deal with life amidst its challenges, to find love, joy, and peace in their lives.

In addition to my studies in English and psychology, I decided to pursue a Theology degree. Through that training, I found Youth Ministry which allowed me to work at the school and parish levels to help young people find their meaning and purpose in life: to love and to be loved.

You have found a wonderful way to combine your devotion to your faith and your love for young people and turn it into a career that touches countless people of all ages; how did this path lead to becoming an inspirational speaker? I truly have been blessed to have my career help me grow in my faith through speaking, ministry and service. When I was first pursuing my theological training, I attended a seminar on helping young people make decisions about sex, healthy dating and love. I was sitting next to a nun who said, "I always wanted to talk with kids about sex, but I am a nun -- you should do it!"

I started speaking to girls: mostly college sports teams and sororities, and then through Youth to Youth, at drug-free conferences about decision-making.



National Catholic Youth Conference

Our challenge today is to help young people know what real love is and to recognize how without a core belief system, it is difficult

to navigate in this world in a way that will bring them authentic love in their relationships.

You recently wrote a book titled Real Love is "for Real." What was your inspiration for writing this book and what is the intended audience?

I wrote the book because every time I gave a talk over the years, someone would ask me if I had a book. I never really had time to write because I was too busy being present to my young people and their families. When I left a regular calendar work schedule, I decided to focus more on my speaking and publishing was suggested as part of a marketing strategy for my speaking.

When I first started writing, I wasn't sure if I would write for young people or parents. As it turned out, the format is very youth friendly because the chapters are brief and the content is written for them and their struggles. As it is turning out, parents are using the book as a springboard for conversation with their teens, and different chapters are speaking to people of all ages.

Why do you feel the message in this book is so important in today's society? We are all so busy. We are plugged in but disconnected emotionally. Loneliness is prevalent.

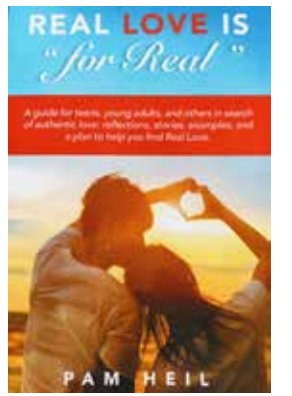
People can easily feel invisible. Looking at our screens is addictive and we are missing out of the intimacy that comes from looking into each other's eyes, smiling, calling each other by name, serving side by side with one another, shaking hands and hugging one another.

Where can residents find Real Love is "for Real"? It can be purchased from Balboa Press, Amazon, and Barnes and Noble online. If you want an autographed copy, you can contact me because I have some in my home.

Are there opportunities for Worthington Hills residents to hear you speak? Anyone can contact me to speak at your schools, churches, parent groups or wherever; www.PamHeil.com is how to best contact me.

What section of the neighborhood do you live in and how long have you lived in Worthington Hills? My husband Frank and I live on the main hill at 818 Clubview Blvd S. We have lived here for 35 years and raised three sons and a daughter here. My first job was as a teaching tennis pro at Worthington Hills Country Club where we are still members. We are avid tennis and platform tennis players and I work out any day that I don't play in the fitness center.

*You can find a list of Pam's presentation topics as well as details of her new book at www.pamheil.com.



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