



# The Empowered Whistleblower: A Practical and Spiritual Path to Personal Power

*Dawn Marie Westmoreland*

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When you land in the Mental Health ward you get to choose—do I want to remain a “victim” of my circumstances or do I want to be a “victor” of my life? I chose to check myself out of the Mental Health ward after three days and take charge of my life! The traumas we face in our lives can disempower us OR we can overcome them and thrive! “The Empowered Whistleblower” is my raw and transparent story of going through childhood sexual molestation, childhood/adult bullying, an alcoholic marriage and landing in the Veterans Affairs Mental Health ward after two years of horrific bullying in the Veteran Affairs for being a “whistle-blower”. In life, each negative experience can be a “gift” in ugly wrapping paper if you can find the lesson or growth in each opportunity. I blow the “whistle” on disempowerment in its various forms and I am now teaching others as a Personal Power Coach, how to step up and “break their own chains” that hold them back from their personal triumphs. Today, I teach others to push through their fears so they can also be empowered and experience more fulfilling professional and personal lives. Let my story motivate you to become more “empowered” in your own life, so you can become the person you can fulfill your unique purpose on this earth.

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