

# Carmen K. Maendel

## Author & Encourager

Carmen K. Maendel is a child of God, a wife, and a mother. She has owned and/or co-owned four companies in the last twelve years. Prior to that she was a Stock Broker and Financial Advisor and Special Education Teacher. She writes about how God has worked in various ways in both her personal and business life. She has collaborated with women around the world writing in twelve book anthologies recently with She Rises Studios and Fenix TV.



## BOOK & CHAPTER TITLES

- ✓ **Pray, Don't Panic "Moments of Impact"**
- ✓ **Pray, Live, Lead By Faith "Daughter of Our Most High King"**
- ✓ **She Glows "When Her Cup Runneth Over"**
- ✓ **Becoming An Unstoppable Woman: Rise of the Phoenix "Clothed in God's Radiant Beauty"**
- ✓ **Becoming An Unstoppable Woman: Rise of the Entrepreneur "God Emerges from the Shadows"**

## AND MORE...

- 1) **She Wins: Nice Girls Finish First "We Desperately Need Jesus"**
- 2) **Unleash Her: The Next Chapter Begins "With the Helmet of Salvation"**
- 3) **I Rise Up: A Journey to Self-Love and Empowerment "With the Breastplate of Righteousness"**

## CONNECT TO CARMEN

[courageouswoman.net](http://courageouswoman.net)  
[info@courageouswoman.net](mailto:info@courageouswoman.net)

SUCCESS  
SAVVY

H.A.N.N.A.

FENIX  
INNOVATION

BECOMING AN  
UNSTOPPABLE  
WOMAN

VITALITY  
DIGEST

## And More...

**A Season To Remember:  
A Collection of Hope, Wonder & Warmth  
The Evening That Completely Transformed  
My Life: November 4, 2006**

**Plan A Life You Love & Live it Out:  
Windows into My Soul**

SOLO BOOK  
COURAGEOUS WOMAN  
CASTING CARES UPON JESUS

**PRE-SALE E-BOOK 8/19/25**

- <https://a.co/d/8olzqqS>

**E-BOOK 8/26/25**

- <https://a.co/d/8olzqqS>

**PAPERBACK & HARD COVER  
9/9/25**

## ABOUT THE BOOK

**“Carmen Maendel’s captivating storytelling weaves together personal narratives and the profound experiences of extraordinary women, showcasing the transformative power of God’s love and grace.”**

**Erica Elliott - Owner of  
WarriorHeart Healing Hearts  
30 Years Experience in  
Christian Counseling**

## CONTACT DETAILS

HowtoContactCarmenK.Maendel

 [info@courageouswoman.net](mailto:info@courageouswoman.net)

 [courageouswoman.net](http://courageouswoman.net)

 218-831-1142



# Media Kit Covers, Articles & Links



**Carmen Maendel**  
COURAGEOUS WOMAN CASTING  
CARES UPON JESUS



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FENIX INNOVATION JULY 2024 COVER/ARTICLE: <https://a.co/d/4RhAqep>



**Carmen Maender's Story of Growth and Dedication**

**Passion for Health and Fitness**

Carmen's passion for health and fitness has significantly influenced her professional journey. The award-winning fitness instructor, who has trained over 100 clients and gained a reputation for her strength and dedication to her clients. This passion is evident in her professional life, where she consistently demonstrates a commitment to health and wellness, not only for herself but also for her clients. Her dedication to fitness is a testament to her belief in the power of a healthy lifestyle and a positive attitude towards life.

**Service Beyond Transactions**

The company's belief, "Where Service is More than a Transaction," encapsulates Carmen's philosophy. She goes beyond the traditional sales and service model, offering personalized support and guidance to her clients. Her approach is rooted in understanding her clients' needs and providing tailored solutions that go beyond the typical transaction. This commitment to service is a key factor in her success and the loyalty of her clients.

**Relaxing Work and Life**

Outside of her professional life, Carmen and her family enjoy various outdoor activities, such as hiking and horseback riding, which help them maintain a healthy and balanced lifestyle. These activities provide a much-needed break from the demands of work and allow them to recharge and enjoy the beauty of nature. Carmen's ability to balance her professional responsibilities with her personal life is a testament to her time management skills and her dedication to her family.

**Advice for Aspiring Entrepreneurs**

Carmen shares valuable insights, especially those working with their spouses, to appreciate each other's unique gifts and talents and to avoid being in charge of their actions. She emphasizes the importance of communication, transparency, and mutual respect in a business partnership. Her advice is based on her own experiences and the lessons she has learned from her journey as an entrepreneur.

**Future Goals and Dreams**

Looking ahead, Carmen and her team aim to continue growing their client base, increasing revenue, and providing even better service to their clients. They are also exploring new business opportunities and expanding their reach into new markets. Carmen's vision for the future is a testament to her entrepreneurial spirit and her commitment to excellence.

Carmen Maender's story is one of dedication, resilience, and a deep commitment to service. Her journey with her Property Maintenance LLC reflects the power of passion, hard work, and a never-give-up attitude in building a successful business and a fulfilling life. The Maender family is a testament to the rewards of hard work, perseverance, and the uplifting power of resilience.

PRAY DON'T PANIC ARTICLE: BECOMING AN UNSTOPPABLE WOMAN OCTOBER 2024: <https://a.co/d/4YF4m5s>

**PRAY DON'T PANIC: MOMENTS OF IMPACT**  
by Carmen K. Maender

**Insights for My Chapter: Moments of Impact**

As a professional, I often find myself in a state of "Pray Don't Panic" moments. These are the times when I feel overwhelmed, stressed, or unsure of what to do next. However, I have learned that these moments are not the end of the world. They are simply challenges that I can overcome with the right mindset and support. I have found that taking a step back, breathing, and focusing on the things I can control can help me navigate these difficult times. I have also found that reaching out to my colleagues and friends can provide me with the support and encouragement I need to get through these moments. I have learned that I am not alone in these experiences and that there are always ways to overcome these challenges. I have found that staying positive and focused on my goals can help me push through these moments and emerge stronger on the other side. I have learned that I am capable of more than I think I am and that I can overcome any challenge I face. I have found that I am not alone in these experiences and that there are always ways to overcome these challenges. I have found that staying positive and focused on my goals can help me push through these moments and emerge stronger on the other side. I have learned that I am capable of more than I think I am and that I can overcome any challenge I face.

**Insights for My Chapter: Moments of Impact**

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**CONNECT WITH CARMEN**

www.carmenmaender.com  
www.instagram.com/carmenmaender  
www.facebook.com/carmenmaender  
www.linkedin.com/company/carmenmaender

**BECOMING AN UNSTOPPABLE WOMAN**

OCTOBER 2024

**Renee Vee, M.A., CCC-SLP**  
Founder of Mighty Minds Academy

Autism Brings Bold Beginnings

Inside SNEAK PEAKS Of The FENIX TV Luxury Gifting Lounge During Television's Biggest Week!

**RESILIENT MINDS STRONG VOICES**

SHE GLOWS ARTICLE: VITALITY DIGEST OCTOBER 2024: <https://a.co/d/8rDL1YS>





H.A.N.N.A. DECEMBER 2024 (MEDIA KIT AD): <https://a.co/d/1aSzL9E>



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*Held Adelle Photography*

AND MORE...

- 1) She Who: Nice Girls Finish First "We Desperately Need Jesus"
- 2) Unleash Her: The Next Chapter Begins "With the Helmet of Salvation"
- 3) I Rise Up: A Journey to Self-Love and Empowerment "With the Breastplate of Righteousness"

CONNECT TO CARMEN  
<https://www.facebook.com/kcmaendel>  
<http://natespropertymaintenance.com>

SUCCESS SAVVY H.A.N.N.A. FENIX INNOVATION BECOMING AN UNSTOPPABLE WOMAN VITALITY DIGEST

VITALITY DIGEST JANUARY 2025 MAGAZINE COVER/ARTICLE: <https://a.co/d/cKxO9Vp>





**HEALTH, FAITH, AND PERSEVERANCE IN BUSINESS**  
By Carmen Maender

Carmen Maender's journey as a fitness coach and her unwavering commitment to health and wellness have inspired her to launch a fitness franchise, **Maender's Fitness**. Together with her husband, Paul, Carmen has created a business model that prioritizes the health and well-being of her clients. Her passion for fitness is not just a hobby; it's a lifestyle that she has turned into a successful business. Carmen's goal is to help others achieve their fitness goals and improve their overall health. She has built a strong community of clients who trust her expertise and dedication. Her business has grown steadily, and she continues to invest in her own health and wellness, staying motivated and inspired by her clients' progress.

As a fitness coach, Carmen has established her own brand and has been successful in creating a loyal customer base. She has built a strong reputation for her expertise and dedication to her clients. Her business has grown steadily, and she continues to invest in her own health and wellness, staying motivated and inspired by her clients' progress.

Maender's Fitness is a fitness franchise that offers a variety of services, including personal training, group fitness classes, and nutrition coaching. Carmen's passion for fitness is evident in every aspect of her business, from the quality of her equipment to the personalized attention she gives to each client. She has built a strong community of clients who trust her expertise and dedication to their health and wellness. Her business has grown steadily, and she continues to invest in her own health and wellness, staying motivated and inspired by her clients' progress.

From exhibiting talent in healthy competitive environments, she has demonstrated the ability to lead her company's success.

Carmen's understanding of the competitive market allowed her to identify and capitalize on opportunities for growth. She has built a strong reputation for her expertise and dedication to her clients. Her business has grown steadily, and she continues to invest in her own health and wellness, staying motivated and inspired by her clients' progress.




**CONNECT WITH CARMEN**  
carmen@maendersfitness.com  
www.maendersfitness.com

H.A.N.N.A JANUARY 2025 (NPM AD): <https://a.co/d/f8mCjhD>

HEARD ACKNOWLEDGED NOTICED NOTEWORTHY APPLIED

**H.A.N.N.A.**  
JANUARY 2025 MAGAZINE



**TRACI POWELL**  
President of The Healthy Women's Foundation

VOICES OF HOPE 2025

A YEAR OF IMPACT

**NEW YEAR, NEW VISION**

Nate and his wife run a customer-friendly business. When they say, 'Where Service is More than a Transaction,' they really mean it.

All services they offered are all beyond my expectations.

**NATE MARDEL "THE TREE SURGEON"**

With over 30 years of expertise, we specialize in tree removal, trimming, and total property transformations. You get our work, free estimates, and a passion for working our community make us your go-to for a beautiful, safe outdoor space.

**CALL NATE AND OUR NPM TEAM TO THE RESCUE!**  
218 - 831 - 1142  
218 - 831 - 1145

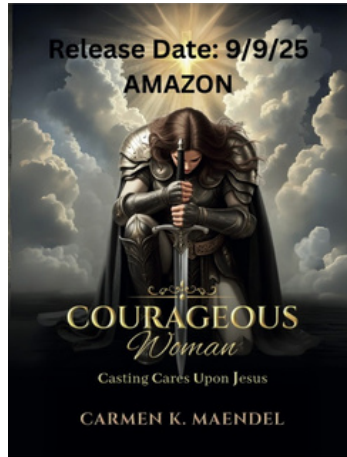
Nate's Property MAINTENANCE, LLC  
WHERE SERVICE IS MORE THAN A TRANSACTION

MY BOLD MOVES ARTICLE: SHE WINS APRIL 2025: <https://a.co/d/e3sYhz7>





SHE WINS JUNE 2025: SOLO BOOK COVER AD: <https://a.co/d/0w9KQ3u>



SHE WINS JULY 2025 BACK COVER/ARTICLE: <https://a.co/d/ed8u9j9>

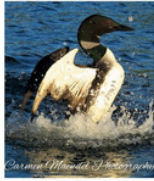


# FAITH, FITNESS, AND FEARLESS PURSUITS:

## The Unshakable Journey of Carmen Maendel

Carmen Maendel's journey is one of overcoming faith, healthful choices, and inspiring confidence. A woman of many talents and passions, Carmen is a great entrepreneur, entrepreneur, fitness coach, author, and public speaker. Her story resonates together the threads of personal transformation, mental resilience, and a deep commitment to her purpose for her life.

One of Carmen's early creative works, the poem "Trifles"



reflects a personal statement in her life—a time of transition and self-discovery. Written during her college years, the poem captures the anxiety and anticipation of growing up, the uncertainty of leaving home, and the hope of a new beginning. The swan, often a symbol of grace and beauty, represents the delicate balance between the old and the new. The poem is a beautiful expression of the journey of self-discovery and the courage to embrace change.

Carmen's creative expression extends beyond writing. She photographs, especially her small rescue dog, which is a constant companion. Her passion for photography is deeply intertwined with her love for nature and the outdoors. She has captured countless moments of beauty, from the soft light of a sunrise to the vibrant colors of a sunset. Her photography is a reflection of her own journey—a journey of growth, resilience, and the pursuit of her dreams.

Over the years, Carmen has authored various books, including her first, "Trifles: A Poem of Transition." This book is a collection of poems that have resonated with many readers, offering a glimpse into her heart and her experiences. Her writing is not only a form of self-expression but also a way to connect with others who are on similar journeys. Her books are a testament to her courage and her ability to inspire others through her words.

Carmen's entrepreneurial ventures include the co-ownership of "The Property Maintenance Co.," which has helped her, as well as the creation of "Back Hard Body," an online fitness program for women.



Her journey in fitness began with running and eventually transitioned to CrossFit. It was her love for the sport that led her to become a fitness coach and public speaker. She has inspired many women to embrace their bodies and pursue their fitness goals. Her passion for fitness is a testament to her resilience and her commitment to her health and well-being.

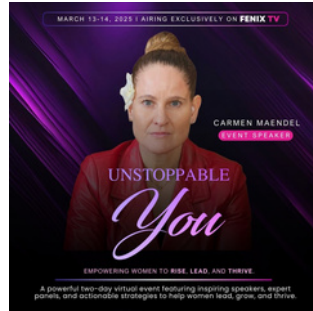
Her fitness journey has led her to become a fitness coach and public speaker. She has inspired many women to embrace their bodies and pursue their fitness goals. Her passion for fitness is a testament to her resilience and her commitment to her health and well-being.

The co-ownership of "The Property Maintenance Co." has helped her, as well as the creation of "Back Hard Body," an online fitness program for women.



Carmen Maendel is a multifaceted woman who has found success in business, fitness, and public speaking. Her journey is a testament to her resilience and her commitment to her health and well-being. She has inspired many women to embrace their bodies and pursue their fitness goals. Her passion for fitness is a testament to her resilience and her commitment to her health and well-being.

Connect With Carmen  
[www.carmenmaendel.com](http://www.carmenmaendel.com)



Unstoppable You Virtual Summit March (13-14) 2025



Empower Her Virtual Summit January 30 - February 1 2025



Becoming The Woman You Were Born to Be Summit AUGUST (28-30) 2025

PRAY DON'T PANIC USA BEST SELLER: <https://a.co/d/djbGR2P>



SHE WINS USA & UNITED KINGDOM INTERNATIONAL BEST SELLER: <https://a.co/d/9dr8MXL>



UNLEASH HER USA & CANADA & UNITED KINGDOM INTERNATIONAL BEST SELLER: <https://a.co/d/0dJFEIW>





I RISE UP: USA BEST SELLER: <https://a.co/d/64CmA1p>



COURAGEOUS WOMAN CASTING CARES UPON JESUS USA BEST SELLER: AUGUST 22, 2025



BECOMING AN UNSTOPPABLE WOMAN: RISE OF THE PHOENIX USA BEST SELLER:  
AUGUST 28, 2025



PLAN A LIFE YOU LOVE & LIVE IT OUT LOUD NOW: USA BEST SELLER SEPTEMBER 22,2025



A SEASON TO REMEMBER: A COLLECTION OF HOPE, WONDER & WARMTH: USA BEST SELLER NOVEMBER 14, 2025



BECOMING AN UNSTOPPABLE WOMAN: RISE OF THE ENTREPRENEUR: USA BEST SELLER



BOSS MOVES AUGUST 2025 COVER/ARTICLE: <https://a.co/d/f5mVINx>











SHE RISES STUDIOS BLOG AUG 6, 2025: UNLEASH HER: WITH THE HELMET OF SALVATION:  
[https://www.sherisesstudios.com/post/unleash-her-with-the-helmet-of-salvation?utm\\_source=facebook&utm\\_medium=blog.post-promoter&utm\\_campaign=89f89e0a-5880-4436-be6a-02f261d4d882&fbclid=IwY2xjawMKycBleHRuA2FlbQIxMQABHufqyPWiot884CWnvHaCEWkCiNYvGu2tv\\_vB95nluyRTBRQJ8YGs0L3wg456\\_aem\\_\\_TgYloGbzmVMIOTwXescA](https://www.sherisesstudios.com/post/unleash-her-with-the-helmet-of-salvation?utm_source=facebook&utm_medium=blog.post-promoter&utm_campaign=89f89e0a-5880-4436-be6a-02f261d4d882&fbclid=IwY2xjawMKycBleHRuA2FlbQIxMQABHufqyPWiot884CWnvHaCEWkCiNYvGu2tv_vB95nluyRTBRQJ8YGs0L3wg456_aem__TgYloGbzmVMIOTwXescA)

Aug 6 · 4 min read

## Unleash Her: With the Helmet of Salvation

By Carmen K. Maendel



### Introduction: Child of God

Hello friend, I am Carmen Maendel and I am a child of God, a mother, and a wife. I came to the Lord at the early age of thirteen, however I rededicated my life to Christ as an adult on November 4, 2006. This does not mean that I am perfect or have not had adversity in my life. Quite the opposite, I would say. Some of the negative incidents in my life happen when I am seeking the Lord whole-heartedly. In the book Unleash Her: The Next Chapter Begins, my Chapter: "With the Helmet of Salvation" I will share some life altering moments with you after I was saved and wear my "Helmet of Salvation" on a daily basis. The beginning of my narrative begins, prior to my rededication to Christ, with a traumatic event that God uses for

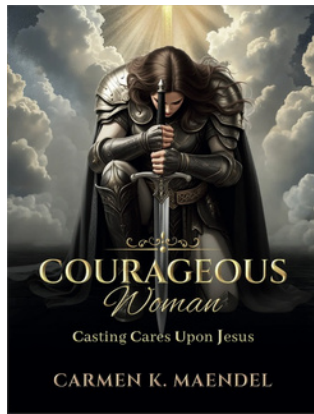
His Glory to help me train over fifty women in our Maendel Fitness Cym & Spa several years later.











PODCAST WITH HANNA OLIVAS MAY 4, 2025 #334 (LIVING THE DREAM AS A HUSBAND & WIFE TEAM):  
9/14/25

[Spotify](<https://open.spotify.com/show/2KqAQT77fX192iHUWJMm4P>)

- [iHeart Radio](<https://www.iheart.com/podcast/269-she-rises-studios-podcast-85085877/>)
- [Apple Podcasts](<https://podcasts.apple.com/us/podcast/she-rises-studios-podcast/id1558882089>)
- [She Rises Studios Website](<https://www.sherisesstudios.com/podcast>)

**RISE SHINE**  
Awaken Empower Rise

New Podcast Episode  
**#334 - Living the Dream as a Husband and Wife Team w/Carmen Maendel**  
She Rises Studios Podcast

Sunday • 12 min 8 sec

Episode Description

Carmen Maendel is a CO-CEO with her husband Nate for their tree company, Nate's Property Maintenance LLC. They specialize in tree removal and tree trimming and property transformations. Carmen handles all the business operations on the home front while Nate works with their clients and NPM Team on the job sites. They focus on service and truly demonstrate that "Service is More than a Transaction" as a husband and wife team. Carmen is also an author for 8 anthologies and is debuting as a solo author for her book she is working on right now: Courageous Women: Casting Cares Upon Jesus.

She Rises Studios Press Releases: 9/15/ 25 & 9/16/25 & 9/17/25

“  
Discover your identity  
in Jesus Christ and  
your spiritual gifts  
first, and then share  
them with the world.  
Everything will flow  
from there.”

**CARMEN MAENDEL**  
Child Of God, Wife And Mother, Purpose-Driven  
Author And Entrepreneur.

**FENIX**  
INNOVATION

**She Rises Studios** •  
September 15 at 2:01 PM · 🌐

👉 Big news! 👉

The September 2025 Edition of Success Savvy Magazine is now available on Amazon! Inside, you'll also find fresh strategies, inspiring stories, and practical guidance to help you grow with confidence and resilience. 🌟

📄 Get your copy today:  
<https://buff.ly/bnw0kz>

#SuccessSavvyMagazine #CarmenMaendel #ThePowerOfProgress #GrowthAndGrit




SHOP NOW 

**She Rises Studios** •  
September 16 at 4:01 PM · 🌐

👉 Fresh off the Press 👉 ... See more




**She Rises Studios** •  
Yesterday at 12:15 PM · 🌐

Meet Carmen K. Maendel... See more

The FENIX TV Premier Gifting Suite – Emmys Week Experience September 11, 2025











### She Rises Studios & Fenix TV Features

September 2025 <https://www.sherisesstudios.com/post/clothed-in-god-s-radiant-beauty>



SHERISESTUDIOS.COM  
**Clothed in God's Radiant Beauty**  
Carmen Maendel shares her testimony of faith in Becoming An Unstoppable Woman: Rise o...

September 2025 <https://www.sherisesstudios.com/post/rooted-in-faith-rising-in-purpose-carmen-maendel-s-story>

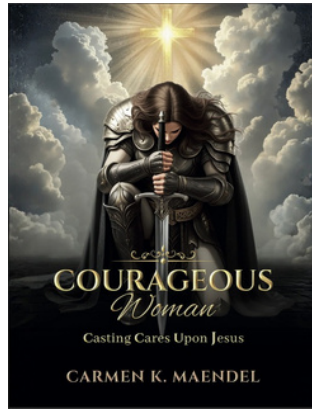


SHERISESTUDIOS.COM  
**Rooted in Faith, Rising in Purpose: Carmen Maendel's Story**  
Carmen Maendel—entrepreneur, author, photographer & fitness leader—turns every challe...

September 2025 <https://www.sherisesstudios.com/post/scaling-faith-into-legacy-the-carmen-maendel-blueprint>



BECOMING AN UNSTOPPABLE WOMAN November 2025 SOLO BOOK AD: <https://a.co/d/5c6lKO8>



HANNA December 2025 CW COMPANION JOURNAL & NPM AD: <https://a.co/d/jdOWpqa>





BECOMING AN UNSTOPPABLE WOMAN January 2026 CW COMPANION JOURNAL AD:  
<https://a.co/d/gG59DCp>

BECOMING AN UNSTOPPABLE WOMAN February 2026 CW COMPANION JOURNAL AD

<https://a.co/d/0hDI5t0i>

