

# EXPERT **PROFILE**

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*Cover Feature*

ANGELINE CONSTANTINOU

FROM SILENCE TO SIGNIFICANCE



# The story so far of ANGELINE CONSTANTINO



## Answering the Call to Rise

*The most powerful stories often come from the most painful places.*

My defining moment wasn't a victory lap or a standing ovation. It was me — standing at the bank, tears streaming down my face, staring at a balance that read \$0.00. Financially devastated. Emotionally broken. Spiritually numb. I felt like I had lost everything. But in that moment of helplessness, I realized something profound: this wasn't the end — it was the beginning. Something inside of me broke wide open. I could no longer hide behind the mask of strength. I surrendered. And in that surrender, I found clarity, courage, and a divine calling that would transform not only my life, but the lives of countless women around the world.

Today, I'm not just a survivor — I am a Women's Empowerment Partner, keynote speaker, global podcaster, and coach helping women break free from trauma, rediscover their power, and walk confidently in their God-given purpose. This is the story of how I went from silence to significance — and how you can too.



## CHAPTER 1:

*The Breaking Point — Turning Pain Into Power*

My journey began behind closed doors, in the shadows of a toxic and abusive marriage. I faced emotional, verbal, and financial abuse that left deep scars. I suffered in silence, like so many women do. I wore the mask of "having it all together," smiling on the outside while crumbling on the inside. I was trapped in a cycle of fear and control, losing pieces of myself every day — my voice, my joy, my confidence.

There were moments I didn't recognize the woman in the mirror.

But even in the darkest hours, a flicker of faith remained. A whisper in my spirit kept saying, "You were made for more." I didn't know how or when, but I believed that one day, I would break free. That one day, I would rise.

The breaking point came at that bank counter — when I saw the zero in my account. My financial independence had been stripped away. I walked out of that building feeling ashamed, but something shifted in me. I was done living small. I was done surviving.

That day, I made a vow to God and to myself: I would rebuild. I would rise from the ashes of pain and transform that pain into purpose.

## CHAPTER 2:

*Finding My Voice — The Birth of Let's Break the Silence*

Healing wasn't immediate. It was messy, slow, and painful. But it was also sacred. With the help of mentors, therapists, prayer, and fierce determination, I started confronting the lies I had believed about myself: "You're not good enough." "You're too broken." "You'll never succeed." I began to replace those lies with truth: I am worthy. I am strong. I am called for a purpose.

My healing accelerated the moment I decided to speak out. My first Facebook Live was raw and terrifying. I shook as I hit "Go Live," unsure of who would listen. But I shared my story anyway. And something incredible happened — women began messaging me. They said, "Me too." They said, "Thank you for saying what I've never had the courage to say."

That was the beginning of Let's Break the Silence — my podcast, my movement, and my message to the world. On this platform, I started interviewing other survivors, life coaches, faith leaders, and entrepreneurs who had transformed their pain into purpose. Women from all over the globe began tuning in. The stories we shared were like oxygen for the soul — each episode an invitation to rise.

Today, Let's Break the Silence has become a sanctuary for truth-telling, healing, and transformation. And it all started with one brave decision to speak up.







### CHAPTER 3: *Building a Brand of Hope and Healing*

From my own transformation, a brand was born — a brand that now helps women across the globe reclaim their voice, beauty, confidence, and divine identity.

My mission is clear: to help faith-driven women break free from toxic patterns, heal emotional wounds, and step into the highest version of themselves. Through my 9-week signature coaching program, I guide women through a framework that blends faith, mindset, self-care, community, and practical tools to rebuild every area of their life.

We don't just talk about healing — we activate it. We don't just wish for change — we become the change.

My brand now includes live workshops, journaling resources, Zoom group coaching calls, skincare empowerment events, and transformational speaking engagements. I collaborate with churches, nonprofits, and women-led organizations to serve women in crisis — and those ready to create a brand-new chapter.

Through everything I do, I remind women that healing is possible, and they are not alone. Because when one woman rises, she creates space for others to rise too.



**CHAPTER 4:**  
*Global Expansion and Media Recognition*  
In the past year alone, doors have opened I never could have imagined. I've been named one of MSN.com's Top 10 Entrepreneurs Redefining Success and Innovation. My podcast has surpassed 4,000 downloads and continues to grow every week. I've spoken at conferences across the U.S. and internationally, including the Real & Raw Live event in London.

I've also become a contributing writer for Expert Profile Magazine, with placements in Mind & Thought, Be Better, and EP Wellness. These publications allow me to share my message of faith, transformation, and feminine power on a much larger scale.

One of my proudest moments was co-authoring The Change: Insights into Self-Empowerment, Volume 20. Sharing pages with other thought leaders and transformational coaches reminded me that my voice matters — and so does yours. None of this happened overnight. It began with one decision: to turn my story into service.

I've learned that the more we surrender our plans and align with God's purpose, the more doors of divine opportunity swing open. My reach has expanded, but my roots remain grounded in faith, love, and service.

### CHAPTER 5: *Skincare, Confidence, and the Glow-Up Within*

As I stepped more fully into my purpose, I also stepped into a new dimension of confidence — one that came not just from healing emotionally, but from honoring myself physically too.

I partnered with Mary Kay because it aligned with my mission to empower women from the inside out. For me, skincare is sacred. It's about looking in the mirror and seeing the reflection of a woman who knows her worth.

I began hosting skincare events and glow-up challenges, using beauty as a tool for restoration. When a woman begins to take care of her skin, nourish her body, and prioritize herself, she's not being vain — she's declaring, "I matter."

I integrate self-love and wellness into every part of my coaching. When women show up for themselves — whether through journaling, prayer, affirmations, or applying a bold lipstick — they begin to believe they're worthy of the life they're dreaming of.

And they are.

### CHAPTER 6: *A Life Transformed — Baptism and Bold Faith*

Perhaps the most powerful transformation in my journey came when I gave my life fully to Christ and declared my faith through baptism. That moment marked a line in the sand — the old me was gone, and the new me had risen.

This wasn't just symbolic. It was spiritual. I felt a new boldness. A renewed sense of mission. A deeper connection with my Creator.

Everything I do now flows from that place of surrender. Whether I'm coaching a woman through her first steps after leaving an abusive relationship or speaking on a stage to hundreds, I do it with one intention: to glorify God and serve His daughters.

Faith is no longer a piece of my life — it is the foundation of it.

And that's the secret to true significance. It's not about what we achieve — it's about who we become in the process. It's about becoming a vessel of love, light, and purpose.



### CHAPTER 7: *From Survivor to Legacy Builder*

This story — my story — is no longer just about survival. It's about legacy.

Every woman I help, every client I coach, every podcast episode I record, every post I share — it all contributes to a ripple effect that will outlive me. I'm not just here to succeed — I'm here to build something that sets women free.

My vision for the future includes launching global retreats for healing and empowerment, starting a coaching certification program to train other faith-driven women, and publishing devotionals and books that speak life into broken hearts. I want to leave a legacy that shouts: You are not stuck. You are not broken. You are not too late.

You are chosen. You are loved. You are destined for more.





**FINAL WORDS:**

*Let's Break the Silence — Together*

To the woman reading this who feels invisible, afraid, or forgotten — I see you. I was you.

I know what it feels like to be stuck in a cycle of pain. I know what it means to lose everything and wonder if your story still matters. But I'm here to tell you — it does. You do.

You don't have to wait for someone to rescue you. You can rise. You can speak. You can heal. You can lead.

And I'll be right here, cheering you on — every step of the way.