

[WWW.PAMELARAND.NET](http://WWW.PAMELARAND.NET)

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# PAMELA RAND

80+ YEAR-OLD  
INSPIRATIONAL, SKETCH  
COMEDY PERFORMER

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## MEDIA KIT

2024

# Pamela Rand

80+ YEAR-OLD | INSPIRATIONAL | SKETCH COMEDY PERFORMER

**80+ year-old Pamela Rand** is not only a veteran of theater & film in the U.S. & Europe, but a role model and inspiration to all. Pamela's journey, marked by resilience and a defiance to societal norms, is **a testament to the power of inner strength, health, and well-being.**

From a very young age, Pamela discovered the transformative magic of laughter. **Raised in the tumultuous wake of her mother's and brother's early deaths, Pamela found solace and strength in comedy.** She discovered her love for performing and her innate ability to make people laugh.



Throughout her life, Pamela has embraced her rebellious nature, challenging expectations with unapologetic fervor. **As a feisty octogenarian comedian, Pamela has always marched to the beat of her own drum, refusing to conform to the limitations imposed by age or convention.**



# Pamela Rand

**80+ YEAR-OLD | INSPIRATIONAL | SKETCH COMEDY PERFORMER**

At the heart of Pamela's philosophy lies the belief that **laughter is not only the best medicine, but also the key to unlocking a life filled with joy and vitality.** Pamela inspires others to embrace their own "inner" clown, cultivate a sense of the absurd, and find humor in the everyday moments of life.

However, Pamela's energetic spirit extends beyond film and stage – she is also **a fierce advocate for health, proactively practicing "positive" addictions** such as yoga, pilates, meditation, qigong, and a lot of self-discipline, especially around nutritious eating.

Rejecting ageism and embracing her role as an inspiration to all ages, **Pamela is on a mission to redefine what it means to be 80+ years young.**

As an educator, she co-founded the OptimaLearning Company®, an accelerated learning system.

Pamela is a native San Franciscan. At 19, she traveled to France, and lived there for seven years—experiencing the student riots in the late 60s, while marching the streets of Paris. Today, Pamela is still fluent in French.



**Pamela continues to defy expectations and push boundaries, proving that age is no barrier to living life to the fullest.**

In a world that often seeks to define us by our age, **Pamela Rand stands as a beacon of courage, reminding us all that the secret to eternal youth lies not in the passage of time, but in the inner strength** to maintain one's own equanimity—sense of balance—and to always dance to the rhythm of your own heart.



## INTERVIEW & SPEAKING TOPICS INCLUDE

- ✓ **Embrace Your Clown Within:** Learn to embrace your clown within and in turn, cultivate true inner joy in your life (And guess what? You don't need to be in comedy or be a performer to do this!).
- ✓ **Live with Expectancy vs. Expectation:** Unlock a genuine openness and readiness, which Pamela refers to as, "expectancy"— instead of living with preconceived "expectations" — which can leave us feeling unfulfilled and deflated.
- ✓ **Cultivate an Inner Resilience at Any Age:** Regain your inner drive by observing the absurdities in your everyday life, remembering who you really are, and that your voice counts.
- ✓ **Health is a Laughing Matter:** Laughter is proven to impact our overall health positively. It is known to improve our immune system, relieve pain, improve our mood, decrease stress, and so much more.
- ✓ **The Benefits of Positive Addictions:** At 80+ years young, Pamela emphasizes the importance of preserving positive addictions in her life such as: meditation, nutrition, exercise, and taking an overall proactive approach on her health journey to maintain balance, promote kindness, be productive, and to remember...to speak up!
- ✓ **Who's Counting?** A self-proclaimed late bloomer, Pamela had her first child at 42-years old and twins at 51-years old. She continues to challenge the norm of what it means to be an 80+ years old in the world today.



INSTAGRAM | ADVENTURES IN FEELING YOUNG



TIKTOK | ADVENTURES IN FEELING YOUNG



YOUTUBE | ADVENTURES IN FEELING YOUNG  
Past Primetime Productions

CLICK BELOW FOR VIDEO REEL:

**PAMELA RAND**

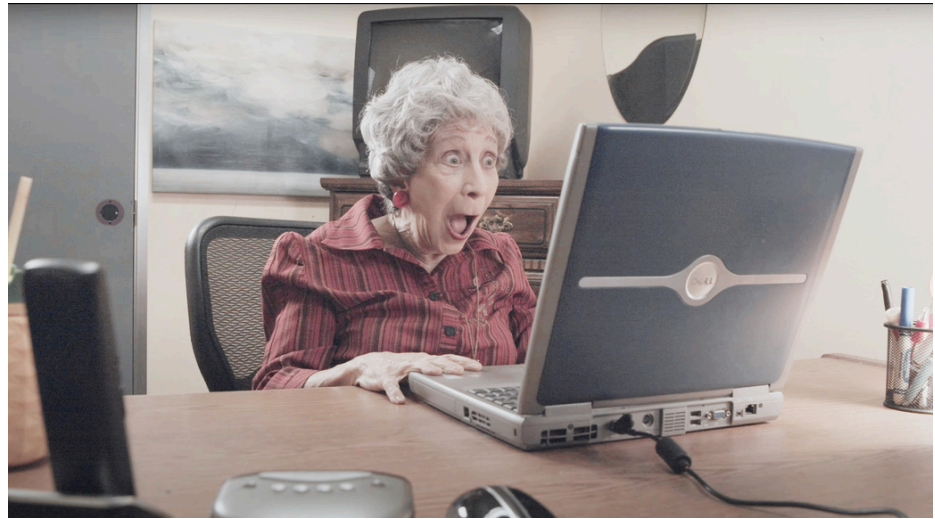
*At 75, Pamela created Past Primetime Productions, **Adventures in Feeling Young**, which features short video sketches highlighting her physical comedy skills in the most hilarious and outrageous situations. Pamela continues creating and producing **Adventures in Feeling Young** today.*



# Sketches & Bits

## VIDEO

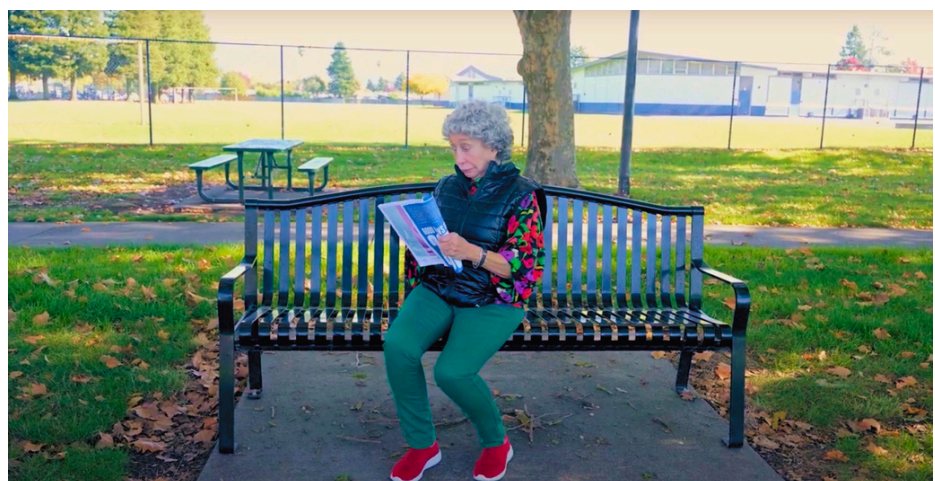
Laptop Killer  
[Watch](#)



Cart Rage  
[Watch](#)



Grandma's Sus  
[Watch](#)



## FROM PAMELA:



**"I love being aware of the absurdities of life. There are so many, aren't there?"**

As a very young girl, making people smile and laugh saved me and provided me with strength and resilience. I am reminded of Victor Hugo's: **"Laughter is the sun that drives the winter from the human face."**

I learned early on that joy is something you cultivate and cherish and that it truly is an "inside" job.

**Today, I continue to live my life to the absolute fullest and there is nothing I enjoy more than inspiring others to do the same."**

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*Pamela*