

Patty Shortreed Presents
'Claim Your Voice ~ Claim Your Power'

Mini Workshop

Sunday April 15, 2007 from 2 - 4 p.m.
Centre for Spiritual Awareness 7621 101 Ave Edmonton
Register at the Door \$40 Info 1-866-229-9321

Attend this session to learn the basics of vocal projection & understand what you can gain by attending the full weekend workshop

You know when:

- Your voice tightens, cracks and breaks and what you say comes out weak and isn't heard?
- Someone tells you not to sing - just 'mouth the words'?
- You shy away from doing what you love because you think it won't support you financially?
- You hold back from fully expressing and speaking truthfully out of fear, insecurity or social pressure?

Each of these moments disempowers you, builds regret and chips away at your self-esteem - likely because you leave as much as 30% of your power behind in every conversation.

This workshop will help you with that. It combines spiritual perspectives with practical vocal techniques so you can:

- Awaken and express your inner power
- Communicate passionately & clearly in any situation
- Sing with more joy and freedom
- Feel more confident, creative and productive
- Improve personal and professional results
- Experience less stress and laugh more!

"You have a gift, a unique voice in this world that is meant to be heard. Discover how you can overcome your fears and use that powerful voice to express your true self."

To register for the full weekend workshop May 4-6, 2007
Call 1-866-229-9321

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~~~~ **Mini Workshop** ~~~~

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~~~ **Weekend Workshop** ~~~

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|-----------------|---|
| Date | May 4-6, 2007 |
| Time | Fri 6pm - Sun 7pm inclusive |
| Place | Centre for Spiritual Awareness
7621 101 Ave Edmonton |
| Tuition | \$395+GST (\$418.70) |
| Register | 866-229-9321 by Apr 30, 2007 |

Register and pay in full by April 15, 2007

Receive a FREE 1 hour coaching session VALUED AT \$125

(Limited enrollment. No refunds. Fees may be transferred to another program if cancellation received by Apr 30, 2007 for a transfer fee of \$75. Transfers valid up to 6 months of original registration date. Fees forfeited for cancellations received after April 30, 2007.)

~~~ **Workshop Facilitator** ~~~

Patty Shortreed is an international singer and educator. She facilitates voice and empowerment workshops, is a recording artist and concert performer, a vocal teacher and spiritual life coach. She holds a master's degree in organization effectiveness from Pepperdine University and has more than 25 years' experience in business, public speaking, workshop design and facilitation. One highlight of her career to date was singing on Oprah's stage.

Her coaching inspires people to speak up, awaken their authenticity, and be a powerful presence in meetings, when giving a presentation, or simply in one-on-one situations. Whether singing or speaking, she communicates with presence, connecting with the deep emotions of her listeners.