

Patty Shortreed Presents

'Claim Your Voice ~ Claim Your Power'

MINI WORKSHOP

**Unity Church of Calgary 2035 26A Street SW
Register at the Door \$40 Register in Advance \$30 Info 403-229-9321**

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 your 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."

Register for the "Claim Your Voice ~ Claim Your Power" weekend workshop

Call (403) 229-9321