

“Claim Your Voice ~ Claim Your Power”

Keys to Authentic Expression

You know those times when ...

- You could say something but you don't?
- Your voice tightens, cracks and breaks and what you say 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 you have.

This unique workshop will help you with that. It combines spiritual perspectives with practical vocal techniques to help you gain increased clarity, willingness and ability to express yourself, and personal power so you can accelerate your results and level of success

"What a delightful mixture of play, personal development and consciousness shifting"
Shanon Harwood

Mini Workshop Description

Join professional speaker and singer Patty Shortreed in this interactive presentation that will transform your speaking power and impact. Using simple techniques and exercises, you will learn how to connect with your inner resources so your communication is powerful and compelling. This energetic, interactive session will engage you in vocal activities that will empower you and connect you to your confidence. We will briefly explore what it means to be authentic, how it feels and how to locate it in your body - how to leverage the physical resources of your body to speak up and be heard.

Warm-up exercises (e.g. vocal gymnastics, simple physical exercises and interacting with others) will get you relaxed, laughing and open to learning simple yet effective tools and techniques. You will learn how to quickly access your vocal strength, how to breathe more fully, and how to remain grounded even in challenging situations. Tips will include how to overcome fears about speaking in public, how to be more comfortable with who you are, and how to leverage your voice and be authentic.

As a result of taking this workshop you will:

- Feel more confident
- Be more creative and productive
- Improve personal and professional results
- Experience less stress
- Laugh and sing more

You have a gift, a unique voice in this world that is meant to be heard.
Overcome your fears and use that powerful voice to express your true self!
It's never too late to be who you are meant to be!

Biography

Patty Shortreed is an international singer, and educator. She facilitates voice and empowerment workshops, is a recording artist and concert performer, as well as a vocal empowerment 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.

Date and Location

Friday February 16, 2007 from 7:30pm - 9:30pm
The Healing Forest - 5034 49 Street - Olds
Tuition ~ \$20 in advance ~ \$40 at the door
To register call 'The Healing Forest' 403-556-9411