



Confidence and Self-Expression for Women

A fun, uplifting seminar experience

Saturday, April 27, 2024 9:30 – 3:30

Luther Burbank Center for the Arts

50 Mark West Springs Rd at Hwy. 101 Meeting Room A, south side

CONFIDENCE & PRESENCE

Uncover more of your personal poise and readiness for any situation. Bring forward your strengths; handle inner saboteurs; tap into self-assurance. Build ease in speaking up with confidence.

TIME & PRIORITIES

To much on your plate? Ready to live more of your dreams? Deciding what to let go, and what to accomplish and enjoy? Bring forward your values and priorities for satisfaction, balance, health and happiness.

TOWARD A FULL, EMPOWERED VOICE

Whether quiet, in full advocacy mode, or both, let your confidence be heard! Exercise the natural power of your presence, with expert guidance in voice improvement and body language savvy.

Your Facilitators: Confidence Pros Sandra & Maureen



Sandra Ish, an award-winning Bay Area actor, has acted, produced and directed in multiple acclaimed stage productions. Well-known to local lovers of thought-provoking theater, Sandra coaches voice, singing, and acting, and has done commercial, film and voiceover work. She has toured with a performance group in Europe as well. Sandra has a BFA from California Institute of the Arts.



Maureen Merrill is a coach and facilitator, focusing on life priorities, personal confidence, leadership, and communication skills. She has worked with hundreds of people at all life stages, individually and in groups. With decades of business and community leadership experience, Maureen has an M.A. in Psychology, and is a certified professional with the International Federation of Coaching.



Seminar: \$125

Seminar with private follow-up coaching session: \$215

Reserve by April 15; use QR code or contact

maureen@maureenmerrill.com 707.484.0320