



Sandra Ish & Maureen Merrill present

# *Finding Your Voice*

## **Confidence and Self-Expression for Women**

*A fun, uplifting seminar experience*

**Saturday, September 7, 2024 10:00 – 2:30**

**Luther Burbank Center for the Arts**

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

### **CONFIDENCE, & PRESENCE COMMUNICATION POWER**

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, when saying "yes" or "no", and in difficult conversations.

Bring forward your natural strengths, with expert guidance in preparation, voice, and body language savvy.

### **HOW WE DO IT**

- Is fun, profound, and lively!
- Promotes insight and clarity through exploration and gently coached practice opportunities.
- Provides practical ways to use self expression and confidence for meeting and enjoying life's challenges.

### **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. See her onstage this fall in "What the Constitution Means to Me". Personal time finds her gardening, cooking and enjoying a warm circle of friends and extended family.



Maureen Merrill is a coach and facilitator, focusing on life priorities, personal confidence, leadership, aging, and communication skills, for individuals and in groups. With decades of business and community leadership experience, Maureen is a cofounder of Leadership Windsor, and active in Rotary and with LBC Center for the Arts and Redwood Circle Impact 100. She has an M.A. in Psychology, and is certified by the International Federation of Coaching. Friends, reading, cooking, the gym, and paddleboards are big me-time choices!



**Seminar: \$125 includes beverages and light lunch**

**Seminar with private follow-up coaching session: \$205**

Reserve by August 23; use QR code or contact

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