



## Lori Kirstein, Motivational Speaker & Self-Expression Coach

Becoming *You* • Life Is An Improv • Permission to Live



### *“Becoming You” – Talks and Workshops*

Lori Kirstein, author of *The Self-Empowerment Art Journal for Breakout Wild Women*, and *Mother Love: Embracing the Wound, Tempering the Steel* has a breadth of psychological/spiritual insight, self-expression and communication experience that helps people achieve the next level of goal-setting and goal-realization in their lives, whether those goals are personal or professional.

Lori is a 21-year professional actor, singer, performer, and offers keynote speeches and workshops in the San Francisco Bay Area for groups from the San Francisco Concierge Association to Rotary Club professionals, and is a Presentation and Self-Expression Coach for Business Professionals and Individuals. Her presentations are interactive, lively, memorable growthful.

Benefits of Lori’s “Becoming You” presentations are:

- Defining who you are in your strengths, and who you want to be, or be more of.
- Understanding what stops free self-expression, and why.
- Learning and practicing effective word/sentence choices for empowered communication.
- Learning the Five Communication Clues – Verbal, Vocal, Physical, Emotional, Vibrational – and how to make maximum usage of that information.
- Setting personal goals that impact life in the positive, immediately.

### ***Testimonials:***

“Extremely inspirational. This world is slowly entering a new revolution. Perfect talk. Keep on doing this, because it is necessary for this changing world.” – Monil Patel, Mission High School

“[What I loved is that you] Enlighten[ed] us to our responsibility as well as what is *not* our responsibility, you helped make us think about our responses as well as our emotions. I felt you hit so many red buttons that affect our job and duties. I wish I had something else to comment on, but I felt you did a great job!” A. Weiss, San Francisco Concierge Association

Contact Lori for Keynote Speeches, Workshops and more:

Phone: (510) 508-4708

Skype Name: lorikirstein

Email: [Lori@LoriKirstein.com](mailto:Lori@LoriKirstein.com)

Book samples: <http://www.lorikirstein.com/books.html>

