



Lori Kirstein, Motivational Speaker & Self-Expression Coach

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



"Life Is An Improv" – 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 comes from her 40+ years of artistic experience in acting, singing, instrumental music, and psycho-spiritual study. Lori's "Life Is An Improv" talk exposes those perfectionistic misunderstandings that keep us from spontaneously being our best selves in our personal and business lives.

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 "Life Is An Improv" presentations are:

- Greater ease, less self-judgment, when expressing opinions and requests.
- Understanding what frees self-expression, and how.
- Identifying one's communicational style, and others'.
- An ability to "read" others in order to communicate with greater timing and effectiveness.
- Learning the Five Communication Clues – Verbal, Vocal, Physical, Emotional, Vibrational – and how to make maximum usage of that information.
- Identifying unacknowledged strengths and "problem" areas.

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:

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

