



Lori Kirstein, Motivational Speaker & Self-Expression Coach

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



"Permission to Live" – Talks and Workshops

Women often struggle with an ongoing and sometimes crippling need for permission that can hold at bay the empowerment needed for full professional and personal lives. Embracing empowerment and authenticity is the most direct way of breaking out of the permission cycle. Lori Kirstein's "Permission to Live" work separates the layers of mental, social and spiritual female confusion that maintains victimhood and disempowerment in the female psyche and life.

Lori Kirstein is the author of The Self-Empowerment Art Journal for Breakout Wild Women, and Mother Love: Embracing the Wound, Tempering the Steel and Power in Language – Men, Women and Empowerment (pending). She has a breadth of insight, self-expression and communication experience that comes from 40+ years of woman-based studies, psycho-spiritual (the "setup" of service, compassion and disempowerment), and social (societal expectations and messages through entertainment, advertisement and humor).

Lori is a 21-year professional actor, singer, performer, and offers keynote speeches and workshops in the San Francisco Bay Area for groups, and coaching for individuals. Her presentations are interactive, lively, memorable growthful.

Benefits of Lori's "Permission to Live" presentations are:

- Identifying and Releasing External "Permission Missions".
- Defining Empowerment – Personal and Interpersonal.
- Embracing One's Unique Communicational Style.
- 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 shooting down "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>

