



“The Voice of the Victorious (Business)Woman” or “The Feminine Face of Power”

The tides of business are changing.

In fact, they have **already** changed, and we are just now beginning to integrate those changes, and decide how we want to define them for ourselves.

As women in business, this is a time of great fertility. We are pregnant with possibility, and it is a perfect time for redefining business in our own image.

The question is: What *is* that image?

Lord knows we are far from the barefoot-and-pregnant image of “Woman’s Work”. But we do seem to struggle with really claiming our power in a world that has defined Power as something to be feared, wielded like a weapon, and so on.

As women, we know better.

We know that Power lives in birthing new ideas, supporting others in their efforts, loving in the face of difficulty, **speaking our truths, being visible... Wait a minute!**

Those last two are not traditional feminine values, and certainly not traditionally applied to being in business!

If you’re wondering why it’s so difficult to *show up* in your business, it is because of this:

We are walking into the Masculine aspect of our Feminine Expression.

And that’s no small deal.



Men have traditionally been raised to be very visible, very vocal, and very self-confident. This doesn't mean that all men *are* all of those things! But for those men who "make it" in business, being visible, vocal and self-confident is not as big a stretch as it is for most women.

Women have traditionally been raised to be behind-the-scenes, supportive, and quick to apologize. This doesn't mean that all women *are* all of *those* things. But for women who go into business, the stretch into becoming visible, vocal and self-confident is a challenge. It's a welcome one, too! We have as a group gone too long without our Free Voices! We have as a group gone too long without feeling free to be exactly who we are without being or having "enough" – "being pretty enough", "having enough permission", "being right enough", "having enough validation".

The inevitable question arises, then:

How do we get "there", to that freedom place, so that we can claim who we are, let it shine, and become powerful women in business and life?

- How do we claim the power we have been working so hard to claim?
- How do we celebrate who we are, and how do we even begin to find out who that might be to begin with?
- How do we deal with the frustration of feeling like we have to do yet one more step of "healing" before we can finally stand in our strengths?

Questions are sometimes frightening, but I am a fan of questioning because questions push us to dig deep for answers that really ring true. Whether we actually go that deep is up to us, but we can do it.

And it's time.

So let's go there together. We will take a look at **3 Keys to Knowing Our Power Now: Calling Forth Your True Identity, Defining the Feminine Face of Power, and Voicing Your Power.**

Let's take a look at what needs to happen so that you can take your power *now*, even in the midst of having issues that seem to keep you from being that Victorious Businesswoman.



(1) Calling Forth Your True Identity

There is a strength, a purpose, a drive that is what keeps you moving forward with your business, and with your efforts to define and/or share your message. I call it our True Identity. I don't say that to be cute, but to be precise.

You don't really believe that what you show to the outside world is all that you have to share, right? You know that **there is more and *always* more.**

That "more and always more" comes from the place within you that flows from your center of creativity – creative thinking, inspired action, endless possibilities.

You may know, or have suspected, that your ideas arise not only from your mind but from your intuition, your insight, the you that is yet-to-be and that is coming forth in so many ways.

Your ideas, your insights, your intuition comes from that wonderful place that we often can't define – but we can come to know. It is everything that you are striving to realize in your life and your business. And here's the amazing news:

It's alive, and active, and available to you right here and right now.

But you have to be willing to know that, and to know that you know that. You have to be willing to step into it, each and every day, in ways that work for you.

There is a "Practical Magic" in claiming and knowing our ownership of all of the Strengths, Possibilities, "Happy Accidents", and Abundance of Ideas and Financial Freedom that we could ever want.

I call it a position of Strength-to-Strength, which is a phrase that comes from the Jewish traditions – the idea that we don't rise from the myopic



perspective of looking only at our weaknesses and trying to shore them up, but that we rise from one strength to the next. Seeing what we are good at and strong in gives us the encouragement, fortitude and self-respect to move forward, and up!

In other words, you are already strong. The question is, “Where do your strengths *already* lie, and how can you start to utilize and bring them forth?”

So, then, if we’re already so strong, why are we struggling so with how we should up in our businesses? Why are we attending workshops to “clear” our “issues”?

Because we’re struggling.

Let’s agree on this one thing: Struggle is no fun.

Let’s agree on another thing: Struggle hasn’t worked for us.

What if I told you that struggle DOESN’T work, neither as a strategy in life nor in business? What if I told you that effort is different from struggle, and that you can let go of “killing yourself”, and have *more* success?

The struggle and full-speed-ahead kind of working is the old paradigm. It’s a masculine paradigm which has its place, but we have given it a 360° place in our lives. We need to balance this with our feminine modes of forward movement. We need at least 180° of feminine forward movement.

The more feminine, more well-rounded way of dealing with our challenges is broader. The masculine is goal-oriented, the feminine is inspirational. The masculine is focused, the feminine is considerate of the whole. To be fully embodied human beings, we need both, and we have been taught to ignore the feminine. Which is what we are reclaiming now.



From the feminine perspective we learn to view our challenges “rightly” - to look at them, and what they bring us, in ways that turn our learnings from *informational* to *transformational*.

Attitudes and Expectations

It dawned on me, not too long ago, that I had been a little bit crazy and a lot bit unsuccessful to think that I could endlessly focus on healing myself of my weaknesses and darkneses – things like recurring unhealed emotions, or negative outlooks and beliefs - and somehow magically emerge into being happy!

I feel so enormously freed, surprised and challenged in positive ways to recognize that being happy doesn't work this way.

I can't focus on what's “wrong” with me, and suddenly become happy!

That seemed strange to me. Wasn't I supposed to fix what was wrong with me so that I could “run” better – rather like a broken-down car that needed repair?

No. That is the fallacy.

The truth is:

To embrace our Strengths, our Abilities, our Magnificence, we have to recognize where these things already live within us, and feed those energies with our attention and our willingness to let them grow in ways that may be entirely unexpected!

The expressions are: “What you resist, persists.” And “What you focus on, grows.”

Think about that. If you are resisting being more visible in your business, and you keep focusing on fixing that fear, what are you focusing on? Your fear! So, your fear will continue.



Now think about that in the opposite. If you focus on the strengths that you already have, you will start moving forward, because “what you focus on, grows.”

This is a paradigm shift in thinking – it was for me – and it bears thinking about.

All of your Secret Identities – the Victorious One, the Vocal One, the Strong One, the Powerful One, the Clear One, the Wise One, the Creative One, and so forth – are already here for you not only to draw on, but it is up to you to invite them to step forward. And the attitude that allows them to step forth is your willingness to allow that possibility to flourish in your mind, your expectations, and your attitudes.

(a) **Step #1:** Take on as your **attitude**, that your strengths are **not** “stopped” or “blocked”. They are **not** held away from you by anything. You are simply focusing your gaze in the wrong direction. You are looking at what you can identify strongly, rather than choosing to focus on and hold a space for possibilities!

Helen Keller said, “Turn your face to the sun, and you will not see the shadows.” If a blind, deaf, and mute woman understood that through the magnificence of her spirit, I believe we can too.

Your strengths are here. They are not impeded by issues, problems, nor difficulties. What they *are* is uninvited and unanticipated. Think about this. It has happened to you. You have thought about an idea or an image and suddenly you see it reflected everywhere around you. So, all we need to do is to start to *practice* this attitude of allowing answers to be far easier than we have allowed them to be before.

(b) **Step #2:** Invite the answers – the Strength, the Clarity, etc. - you seek to step forth. Sit in a kind of quietude that allows you to be at peace with yourself – meditate, or take a walk in the forest, or take a bath – and as you do so, invite the strengths you need to step forward. Issue an internal invitation to Divine Clarity, Strength, Certainty, Calm, Wisdom, Play, Courage...



- (c) **Step #3:** Claim or dare to know that your invitation has been accepted. Indeed, why wouldn't it be? Then just go about your day with an eye to where your proof is going to unfold. Don't worry about how, and don't worry about when.
- (d) **Step #4:** Don't forget to acknowledge and celebrate that proof when it shows up. Then: Listen. And dare to believe what you hear, feel, know, sense. Write it down. Sing it. Draw it. Write a poem. Talk to yourself. Talk to your divine Self. Whatever helps you honor and retain this new knowing...let yourself do that. It is richly rewarding.

Having trouble acknowledging or celebrating? Get a friend to join you in the hunt – a friend who is supportive of the truth that you really are connected to that which is endless and rich in every way. And then take that friend out for dinner and celebrate together!



(2) Defining the Feminine Face of Power

Before you move into using your voice to express, identify and practice the power of expressing your message – business or personal - you need to be *attracted* to that power so that you move toward it with rocket-fuel energy of enthusiasm and excitement, rather than the slowing energy of trepidation.

So why don't we identify what we are moving toward, and why that would be attractive?

What *is* the Feminine Face of Power?

- **Inclusivity and Leadership**

The feminine aspect of leadership is very inclusive; community-minded. Patrick Stewart's character, Captain Jean Luc Picard, in *Star Trek, The Next Generation*, is a male example of this use of the feminine aspect of leadership. As a feminine leader, you know how to ask for other's insight, because you know that one person alone cannot hold all of the vision alone. And you also know how to be the final word, because you are not afraid to stand in your response-ability.

- **Kindness, Not Niceness**

In your power, you know how to stand in your truths. You know how to tell someone a difficult reality, without backing off of that truth. You know how to be kind as you tell them; meaning you know how to be respectful, considerate, compassionate. But you never give away your power to being "nice", as "good girls" tend to do, wishing to spare others pain.



Wishing to spare others pain is a wonderful thing. But the feminine face of power is one that knows and accepts that life contains painful circumstances, and doesn't shrink from that for one's self, or for others, but instead seeks to provide for others and to find for one's self the gifts that come from that acceptance.

- **Visibility**

The feminine face of power is very visible. Ultimately, she does not shrink from Who She Is, but is willing to be seen as *all* that she is: brave, and afraid – humorous, and serious – certain, and confused – and always willing to accept, and share, the more that she is becoming.

- **No Permission**

The feminine face of power does not wait for permission, nor does she apologize for being powerful. She understands that everyone has the right to make their choices, their mistakes, and their successes, and she stands shoulder to shoulder with everyone.

She gives herself the permission she seeks, and finds the courage – over and over again – to move forward in exploration.

- **Community**

The feminine face of power is always in community. She knows the power and love and majesty of co-creation, and the necessity of her sisters and brothers that stand with her in the honoring of all that life is and can be; serving everyone, and living in respectful care of self and others.



(3) Voicing Your Power

Let's not "muck about" with what power is: Power, at its core, is Energy. It is Strength, it is Flow, it is the energy of the divine building blocks of which we are all created, and it is (and you are) the law of attraction in action.

As Women in Business, we cannot afford to define it otherwise. We can't play the masculine games of the past; hell, even the guys can't play it successfully anymore! And since we are positing that this energy, this strength is available right here and right now...

How do we put that power, that energy, that strength into *action*, right here and right now?

By activating it in our Voice, our Physicality, and our Moxie!

Let's do it!

Our Victorious Voice:

Have you ever listened to a grown woman use a little girl voice?

Isn't it annoying?

Yes, but *why* is it annoying? Because we know that she is so much more than she is owning up to. We know that for whatever reason she is speaking that way, it is definitely not an empowering, adult female mode of self-expression.

And it is annoying because we intuitively understand. We know what it is like to want to be powerful in our lives, and to feel, even deep inside and secretly, that perhaps that is somehow, still, not quite "okay".



Here is the magic of the voice:

It reveals our secrets!

Let me show you what I mean:

The Little Girl Voice

This voice reveals that there is no power. There is a person here who is looking for permission, or who feels that her real power lives in her ability to be “cute” or “withdrawn” or “adorable” – that she will receive what she needs from that affect, and that to be a grown-up will be too frightening and emotionally costly.

The Big Mama Voice

The woman who is rough-and-tumble, who has a very large presence, and whose voice alone says “Get out of my way, I’m coming through,” is quite often the woman who feels just as disempowered as the woman with the Little Girl Voice. It is often a cover-up for the feeling of not-enoughness that has been born of woundings that have made her retreat. But because she has decided to muscle through, she takes on the Big Mama Voice, and comes across like a bull in a china shop.

The Spiritual Voice

The woman who speaks with great softness and a simultaneous withholding of energy in her tones is the woman who identifies with being a “good person”, to the exclusion of allowing her “dark emotions” to come out and play. She is afraid of how she truly feels, and she tries very hard to be who she already is – a good person - and you can tell that there is a wealth of energy and meaning held behind that thin veil of goodness.

These are just three examples of what voices can reveal. And the voice reveals in beautifully diverse ways: Tone, Volume, Energy, Word Choice, Cadence (Rhythm), Tempo, Articulation, Range, Pitch.

Your voice is a potent tool that you can use to your advantage with just a bit of training – a little added awareness for you to work with. So, let’s do just a little of that here.



Let me say first of all that if you can get to a place of being simply your true self – being authentic - most of your speaking woes will not be a problem.

However, if you are a business owner who wants to be a powerful public speaker and a more powerful communicator, there are actually methods from what I call “the actor’s playbook” that you can use to practice your self-expression!

The one exercise I want to share with you relates to the kind of work that actors do when they are rehearsing a monologue. This exercise can be used for those who want to be public speakers, and even for those who do not. Either way, this is a tremendous way to expand your sense of self and your sense of empowerment when you are speaking.

Step 1: Choose – or Write – a Speech! And Explore It Emotionally!

(There are speeches further on in this document that you can use if you don’t have one of your own.)

- (1) Look at the overall sense of the speech. Is it rabble-rousing, heart-felt, inspiring, soothing, etc.?
- (2) What emotion does it arouse in you, the speaker?
- (3) Look at the words and feel how they affect you. Do they move you? Do they inspire you to have deep feelings, or to feel laughter?
- (4) Look at the start, middle and end of the speech and view it like a good piece of music. Does it end on a loud, high, inspiring note? Or does it end with a deeply quiet and moving message? What is the “arc” of the piece – what is the beginning, the ramping up of the middle part, and the solution aspect of the end?
- (5) Experiment! Speak the start of your speech with different emotions each time you try it, and see where the *emotions* and the *meaning of the speech* take you! The more you try this with different emotions, the more fun it becomes!

The reason for doing this is to limber you up emotionally, and to get you out of your own way. If you can speak with an emotion that doesn’t even fit the speech, you can certainly speak it “the way you would speak it”, which is the most powerful way to deliver *any* message!



Let your voice and your experience teach you! This is the way of the actor, and you can appropriate it for your business needs!

*****I highly recommend recording your voice so that as you go through many times of practicing, you can hear the differences for yourself.*****

Here are the elements you can pay attention to while you practice. Choose just one to work with at a time to spare yourself any sense of overwhelm.

- (1) Do you have an emotional “story arc” in your speech? Are you starting at one emotional “place”, rising or falling to another one that has great power, and then ending up in a new emotional place? Have you taken your audience on a journey?
- (2) How does it feel to speak the words in the way you are speaking them? Do you feel strong? Do you feel foolish? Do you feel suddenly very visible?
- (3) What are the qualities of your voice that you are aware of? If you are not aware of any while you are speaking, what are you aware of when you listen to the recording?
- (4) Are you speaking in a monotone, or are you allowing your tone to rise and fall?
- (5) Do you sound breathy? Or loud? Or hesitant? Or like you’re rushing?
 - a. What does that sound or quality say to you about how you feel while talking?
- (6) Is there one thing in your voice – speed, rhythm, tone, for example – that you would like to try to alter? If so, do the speech again, and let it be a discovery session for yourself.
- (7) This is supposed to be at least interesting, if not outright fun! If you are “shoulding” on yourself, putting yourself down for not being whatever your current idea of “perfect” is, stop it! It’s a waste of your time, and certainly no fun, right? Right. Have fun!

Actors practice both the words and the emotion in it. You can too, and for your personal development!

If you have your own speeches to work with, all the better! I also have shared with you a number of them below; you might find one of them particularly helpful for your personal style: Strong, Quiet, Determined, Enthusiastic, etc.



(Feel free, of course, to use portions of these speeches, rather than the entire thing. Or to go to Google and find a speech that works perfectly for the kind of vocal empowerment you are focusing on.)

SPEECH #1

Sheryl Sandberg – “Why we have too few women leaders”

Now, at the outset, I want to be very clear that this speech comes with no judgments. I don't have the right answer. I don't even have it for myself. I left San Francisco, where I live, on Monday, and I was getting on the plane for this conference. And my daughter, who's three, when I dropped her off at preschool, did that whole hugging-the-leg, crying, "Mommy, don't get on the plane" thing. This is hard. I feel guilty sometimes. I know no women, whether they're at home or whether they're in the workforce, who don't feel that sometimes. So I'm not saying that staying in the workforce is the right thing for everyone.

My talk today is about what the messages are if you do want to stay in the workforce, and I think there are three. One, sit at the table. Two, make your partner a real partner. And three, don't leave before you leave. Number one: sit at the table.

The problem ... is ... what the data shows: women systematically underestimate their own abilities. If you test men and women, and you ask them questions on totally objective criteria like GPAs, men get it wrong slightly high, and women get it wrong slightly low. Women do not negotiate for themselves in the workforce. A study in the last two years of people entering the workforce out of college showed that 57 percent of boys entering, or men, I guess, are negotiating their first salary, and only seven percent of women. And most importantly, men attribute their success to themselves, and women attribute it to other external factors. If you ask men why they did a good job, they'll say, "I'm awesome. Obviously. Why are you even asking?" If you ask women why they did a good job, what they'll say is someone helped them, they got lucky, they worked really hard. Why does this matter? Boy, it matters a lot because no one gets to the corner office by sitting on the side, not at the table, and no one gets the promotion if they don't think they deserve their success, or they don't even understand their own success.

I wish the answer were easy. I wish I could just go tell all the young women I work for, all these fabulous women, "Believe in yourself and negotiate for yourself. Own your own success." I wish I could tell that to my daughter. But it's not that simple. Because what the data shows, above all



else, is one thing, which is that success and likeability are positively correlated for men and negatively correlated for women. And everyone's nodding, because we all know this to be true.

There's a really good study that shows this really well. There's a famous Harvard Business School study on a woman named Heidi Roizen. And she's an operator in a company in Silicon Valley, and she uses her contacts to become a very successful venture capitalist. In 2002 -- not so long ago -- a professor who was then at Columbia University took that case and made it Howard Roizen. And he gave the case out, both of them, to two groups of students. He changed exactly one word: "Heidi" to "Howard." But that one word made a really big difference. He then surveyed the students, and the good news was the students, both men and women, thought Heidi and Howard were equally competent, and that's good. The bad news was that everyone liked Howard. He's a great guy. You want to work for him. You want to spend the day fishing with him. But Heidi? Not so sure. She's a little out for herself. She's a little political. You're not sure you'd want to work for her. This is the complication. We have to tell our daughters and our colleagues, we have to tell ourselves to believe we got the A, to reach for the promotion, to sit at the table, and we have to do it in a world where, for them, there are sacrifices they will make for that, even though for their brothers, there are not.

SPEECH #2

Trading With Principles Famous Speech by Anita Roddick International Forum On Globalisation's Tech-In - Seattle, Washington – November 27, 1999

We are in Seattle arguing for a world trade system that puts basic human rights and the environment at its core. We have the most powerful corporations of the world ranged against us. They own the media that informs us - or fails to inform us. And they probably own the politicians too.

It's enough to make anybody feel a little edgy.

So here's a question for the world trade negotiators. Who is the system you are lavishing so much attention on supposed to serve?

Let's look more closely. Every day, the gleaming towers of high finance oversees a global flow of two trillion dollars through their computer screens. And the terrifying thing is that only three



per cent of that - that's, three hundredths - has anything to do with trade at all. Let alone free trade between equal communities.

It has everything to do with money. The great global myth being that the current world trade system is for anything but money.

"The great enemy of the truth is very often not the lie - deliberate, contrived and dishonest," said John F Kennedy, "- but the myth - persistent, persuasive and unrealistic." Asking questions can puncture these powerful myths.

Half a century ago there were a million black farmers in the US. Now there are 1800. Globalisation means that the subsidies go to the big farms, while the small family farms - the heart of so many American communities - go to the wall.

Or the dark, cramped factories where people work for a pittance for 12 hour days without a day off. "The workers are not allowed to talk to each other and they didn't allow us to go to the bathroom," says one Asian worker in that garment factory. Not in Seoul. Not in Sao Paulo. But in San Francisco.

Let's be clear about this. It's not trade we're against, it's exploitation and unchecked power.

We have to be political consumers, vigilante consumers. With the barrage of propaganda served up to us every day, we have to be. We must be wise enough so that - whatever they may decide at the trade talks - we know where to put our energy and our money. No matter what we're told or cajoled to do, we must work together to get the truth out in co-operation for the best, not competition for the cheapest.

By putting our money where our heart is, refusing to buy the products which exploit, by forming powerful strategic alliances, we will mould the world into a kinder more loving shape. And we will do so no matter what you decide this week.

Human progress is on our side.

SPEECH #3

Helen Keller



To begin with, I have a word to say to my good friends, the editors, and others who are moved to pity me. Some people are grieved because they imagine I am in the hands of unscrupulous persons who lead me astray and persuade me to espouse unpopular causes and make me the mouthpiece of their propaganda. Now, let it be understood once and for all that **I do not want their pity; I would not change places with one of them. I know what I am talking about.** My sources of information are as good and reliable as anybody else's. I have papers and magazines from England, France, Germany and Austria that I can read myself. Not all the editors I have met can do that. Quite a number of them have to take their French and German second hand. No, **I will not disparage the editors. They are an overworked, misunderstood class. Let them remember, though, that if I cannot see the fire at the end of their cigarettes, neither can they thread a needle in the dark.** All I ask, gentlemen, is a fair field and no favor. I have entered the fight against preparedness and against the economic system under which we live. It is to be a fight to the finish, and I ask no quarter.

SPEECH #4

Debbi Fields of Mrs. Fields' Cookies Speech at the "Striking the Right Notes on Entrepreneurship" Conference, Apr. 18-20, 2005

As I stood there, I thought failure is maybe the best thing that could ever happen to me. Because it was like being hit by a 2 x 4 over the head. And simply put, it said, "Debbi, if you continue to stand here and do nothing, you will fail, because it's not working." And to me, failure is only a way of communicating that it is not working. Stop what you're doing and try something else until it works. And I'm thinking I'm not going to close the book on history and say, "If only..." I'm not going to look back. I'm going to do whatever I have to to make this thing work. And I put cookies on a cookie sheet and, with a belief in my product and the courage to leave the store and go up and down the street of University Avenue which is right down the street from Stanford, I was a woman with a mission. I would stop people, even buses. I would stop and say, "Here, you've got to taste these cookies. Just try them." And, you know what? Some people actually followed me back to my store where, that day, I happily rang up \$75.

That was the happiest day of my life. It was the best. I learned how important what I call "try and buy" was. I didn't want to advertise and say my cookies are the world's best. It would be presumptuous of me



to say that. Instead, I wanted people to actually experience the product, try the product, and if they thought it was worthy, if they liked it, then they could buy it. I wanted to make my first investment in my customer. I wanted to give the product away. Try it and buy it. That was the way we really found customers.

I had the most faithful customers. I had customers that I knew what time they would show up in the store, I knew exactly what cookie they wanted, how they took their coffee. And when I realized I had something really special was when my customers, some of them, started to call in sick. I'm serious. I had customers who would call me up and say, "Debbi, I won't be in today. I'm home with the stomach flu." And that's when I knew I had never been in the cookie business. You see, my business is to sell an experience. My business is to sell pleasure. My business is to seek expectation. My business is what I call the "feel good feeling" business. My job is to make a difference. And it comes in the form of a cookie. The warmer, the fresher the cookie, the better the experience.



How did you do?

Did you try more than once? More than twice?

I congratulate you for your willingness to step into more awareness, and more focus on where your strengths lie.

There is nothing to lose but your disempowerment! The more awareness you cultivate around the places that you leak power, the greater your ability to flip that power On-Switch to the On position, permanently, and stand in your greatness. For your business, for your life, for your spirit, for those you love. The more you stand in the simple truth of what you know, who you are, how you feel in all of your inner strength, the more you attract what you need to you, without having to struggle. It truly is Practical Magic.

As an actor, I draw a lot from those learnings and skills to share my gifts and services with the world. And one of the most important of leaves you can take out of the actor's playbook relating to using your powerful feminine voice, is to **allow**.

Allow yourself to practice letting your voice ring out.

Allow yourself to do it "wrong" – and find out just how right that actually is.

Allow yourself to be even just a little bit as big as you really are, energetically. Let yourself shine, and allow yourself to celebrate that you-ness. If others are going to judge you, leave that onerous practice up to them. What do you care? You are going to be too busy giving yourself the support and admiration and celebration that you **used** to reserve only for other people!

You are a powerhouse of self-expression. We are all coming out of our hidden caves of self-doubt and resistance, and beginning to stand in the light of our **individual** gifts, holding hands in **mutual** support. We are victorious in new ways. And I am grateful.

Be well. Be *you!*

Love and Moxie ~ Lori



Contact Lori Kirstein at support@GoodbyeGoodGirl.com for a Complimentary 30-Minute Discovery Sessions during which we talk about your plans and goals and ways to reach those goals that feel absolutely exploratory, fun, and fascinating!

Your magnificence is waiting!



"The Fire Goddess"