



**Life**  
**UNLIMITED**

*In the business of individual  
and global transformation.*

*When you learn to speak your peace, live fully in this moment, connect to another, you will increasingly come into your own voice and self. You will create powerful results whether you are speaking with 1, 10, 100, or 1000 people. Every meeting is an opportunity ...*

**WORKSHOP 1**

### **THE SPEAKING CIRCLE © WORKSHOP**

Become a more effective communicator, leader, executive or public speaker. Be a more present and powerful human being. When you show up from your Presence and the present moment, oftentimes, something magical happens: a circle of speaking, being heard, and whole-hearted listening is created. This supports all to shift or expand, into Unlimited Self, becoming more empowered, creative, intuitive and inspired.

**WORKSHOP 2**

### **LIVING FULLY IN THE MOMENT: THE PRACTICE OF TRANSFORMING**

How can we live fully in the present moment and shift from talking about it to living it? By the end of this workshop you will have experienced a full spectrum of mind, body, and spirit tools that support your life and work. You will live from a different state of consciousness—one that is both Life-Changing and Transformative.

**WORKSHOP 3**

### **SPEAK YOUR PEACE: CREATING POWERFUL PROFESSIONAL PRESENTATIONS**

As professionals, we sometimes don't present our content in a way that makes the material come alive or convey the essence and power of what we know. This workshop draws heavily from The Speaking Circles © Method for going beyond any "performance anxiety" and for learning public speaking skills, from the inside-out.

*Workshops are ongoing in Manhattan. Call Lynda today for current dates.*

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