



Your Voice Your Vision

INSPIRING WOMEN LEADERS

www.yourvoiceyourvision.com

No one teaches you how to talk to yourself.

AN INTERACTIVE SEMINAR

From Critic to Champion: Claim Your Leadership Voice

Learn how to:

- Quiet the voice of doubt preventing you from leading with confidence and ease.
- Meet your internal champion – the one who has your back and encourages your best.
- Greet change and challenge with enthusiasm, while having complete confidence in your contributions.

You **can** lead your own life. It is hard to take risks, increase your influence, and ask for what you want when plagued by self-doubt and self-criticism. Yet if you want to reach your goals, make a difference, and feel truly connected to yourself and others, you must learn how to quell the voice of the inner critic and turn up the volume on your inner champion – your abiding voice of wisdom, wit, and self-endorsement.

THIS SEMINAR IS FOR WOMEN WHO WANT TO:

- Create a bigger impact in their workplace or community
- Feel confident in the midst of pivotal career and/or life transition
- Make a significant change but feel held back by self-doubt

SEMINAR DETAILS:

- 90-minute interactive seminar
- Ideal for women who want to become extraordinary leaders



Cheryl Rice, MS, PCC

is President of Your Voice Your Vision. Her speaking, coaching and writing practice is devoted to helping women claim their personal power and become leaders in their own lives. Cheryl's compelling memoir, *Where Have I Been All My Life*, recounts her journey from grief to wholeness.

"Cheryl's seminar is life-changing. I recommend this workshop for anyone who has ever doubted themselves or their abilities."

— Deb Litman-Goch,
AstraZeneca Pharmaceuticals

484-557-8846

www.yourvoiceyourvision.com
cheryl@yourvoiceyourvision.com



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FOR WOMEN WANTING MORE

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AN INTERACTIVE SEMINAR

Discovering Your Inner Champion

- Imagine if you had a trusted mentor with you at all times to pass along guidance and wisdom.
- Imagine if you could quietly quell the voice of doubt that prevents you from leading with confidence and ease.
- Imagine if you could manage change and challenge in a way that strengthened rather than diminished you.

We can be leaders in our own lives. It is hard to take risks, and ask for what we want, when plagued by the internal voice of doubt and self-criticism. Yet if we want lives of wholeness, fulfillment and meaning, we must all learn how to quell the inner critic and develop an inner champion — an abiding voice of wisdom and compassion.

THIS SEMINAR IS FOR:

- Women who want to make a bigger impact at work or in their communities
- Women in the midst of career and/or life transition
- Women who are considering making a change but feel held back by self-doubt

SEMINAR DETAILS:

- 90-minute interactive seminar
- Ideal for women in: corporations, professional organizations and community groups



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“Cheryl’s seminar was powerful. It gave me tools to quiet my inner critic that I was immediately able to put to use and feel terrific doing so.”

— Nicole Fiamingo, VWR

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