



Sally K. O'Brien, Certified Confidence Coach and Life Coach

CONFIDENT POWER, PRESENCE & PRESENTATION™

FOR A 15 MINUTE COMPLIMENTARY CONSULTATION, CALL 414-257-1931

YOUR SOUL IS WAITING FOR YOU

FREQUENTLY REQUESTED KEYNOTES

- **Connect with Spirit: How to Create Confidence and Internal Power**
- **Live an Inspired Life: Wisdom from Hawaii**
- **Don't Fly Standby in Life: How to Have a Powerful Presence and Presentation**
- **Love Offering to the Universe: Look For the Gift in Whatever Happens to You**

(See program details on the back)

ADDITIONAL PROGRAMS

- How to Explore Reiki to Heal Self and Others
- The Power of Networking Over Networking

FREQUENTLY REQUESTED WORKSHOPS

- Creating Your Life Story; Moving From Memory to Memoir
- Creating Conditions for Power and Success: Image and Presentation Skills

TESTIMONIALS

"Exciting, Spiritual and encouraging speaker. Sally's experience and positive sharing with others is awesome."

- Brenda F. Brown, Homeownership Preservation Specialist Select Milwaukee

"Thank you for your talk. You show power and vulnerability-a devastating combination!"

*- The Eastwood Design Group
Mount Prospect, Illinois*

"Your dialog on relaxation, inner imagery and confidence were so well defined and to the point. They are skills we all need to be better and more effective communicators. We all felt your strong convictions about how important it is to feel confident and to be skillful in our abilities to communicate effectively. We also felt your desire to help others become all that they can be. ...Thank you so much for helping us to be more relaxed and confident."

*- Woodfield Business and Professional Women
Schaumburg, Illinois*

Master confidence and lead with inspiration at your next meeting with Sally K. O'Brien, MA, CCC

Sally's Personal Journey

You might think that some people are born with confidence, but until you actually connect with your Higher Self, your confidence will never emanate from the inside out, and you'll just be faking it. That takes a level of commitment, consciousness, and awareness that only when you know the correct course of action, can you truly manifest and attract what you truly desire.

Sally K. O'Brien knows this first hand. At fifteen, she rushed home from school, to excitedly tell her mother she wanted to be an English teacher just like her teacher she so admired. She later fulfilled that dream and not only graduated from the University of Wichita with a teaching certificate, she also continued her exploration in serving and teaching by becoming one of the first pioneer Peace Corps volunteers. She served in the Peace Corps in the Philippine Islands, has lived in four countries, and traveled in 30 countries.

These cross-cultural experiences have made her aware that the human spirit is not defined by a geographic location. Every human soul has a true authentic self waiting to emerge and shine from within. This knowledge has defined and shaped Sally's life journey

Guided by her inner compass, Sally's travels and adventures lead her to the Big Island of Hawaii where she lived for eight years, and she experienced a tremendous amount of awakening of her own healing powers. Intrigued by what she was experiencing, she began an extensive study of Ho'opono Pono, ancient Hawaiian spirituality.

Today, Sally combines the healing practices of Ho'opono Pono, Reiki, various other modalities, and her own gifts and abilities along with over 30 years of expertise as a life coach, teacher, and presentation skills expert to show people how to master the inner and outer game of exuding confidence from your true authentic self.

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Call (414) 257-1931 for availability or go to www.sallykobrien.com for more information.
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Mastering the art of confident power, presence, & presentation with expert Sally O'Brien

Sally is one of the leading confidence coaches in the United States. As a life coach she specializes in working with corporate and entrepreneurial women and men, who are experiencing loss, going through a life changing transition, are committed to connecting with Spirit and finding their true purpose, and/or writing their life story. In addition, she has an extensive background in presentation skills, corporate work, and media training. She has parlayed that and her extensive healing work to truly help people live an inspired life.

Demonstrating both power and vulnerability on the platform, Sally has a Master's degree in speech, and over 25 years as a teacher, trainer, consultant, administrator, and program director. A member of the National Speakers Association for 22 years, she has been giving professional speeches, workshops, and seminars in presentation skills, sales training, customer service, confidence, self-empowerment, memoir writing, and team building. Internationally, she presented in Japan and The People's Republic of China, and she is passionate and enthusiastic about more global speaking opportunities.

She's the author of *Love Offering to the Universe*, co-author of *101 Ways To Improve Your life*, Vol. 2, co-author of *Creative Communicators*, and contributing writer in *Chicken Soup for the Soul at Work*. In addition, she's been included in several volumes: *The World's Who's Who of Women*, *Who's Who Among American Teachers*, *The International Who's Who of Professional and Business Women*, and *Who's Who in America*. In 2007, she was recognized by Cambridge *Who's Who for Excellence in the Field of Health and Wellness*.

SALLY K. O'BRIEN'S FREQUENTLY REQUESTED KEYNOTES

Connect with Spirit: How to Create Confidence and Internal Power

- Learn how to disarm the inner critic once and for all.
- Discover the 12 ING's that lower our confidence.
- Explore 10 beliefs for confidence and listening to your Soul.
- Examine the benefits of creative visualization.

Live An Inspired Life: Wisdom From Hawaii

- Explore Ho'opono Pono, ancient Hawaiian spirituality.
- Examine the lives of two Hawaiian queens and see how confidence, courage, and resiliency played a significant role in their lives and provide a model for us.
- Discover the values and beliefs of the ancient Hawaiians and how the Aloha Spirit is a model for the 21st Century.

Don't Fly Standby in Life: How to Have a Powerful Presence and Presentation

- Evaluate your total image, the way you look, sound, and present yourself and learn how you can make powerful improvements quickly in eye contact, body movement, voice, and personal space.
- Explore the importance of body language, tone of voice, and the verbal message in confident and effective communication.
- Discover the ten elements of presentation in creating that Wow first impression.

Love Offerings to the Universe: Look For the Gift in Whatever Happens to You

- Learn how to live in faith and not fear.
- Discover the power of reflection and contemplation, to love and accept our past.
- Understand the power of thought, being mindful, being grateful for what we have, and the magic of setting intentions.
- Explore the healing power of Reiki, spiritually guided life force energy.

PARTIAL LIST OF CLIENTS

- International Association of Administrative Professionals Chicago Chapter
- Gary Community School Corporation
- Career Resource Center
- St. Hubert Church, Hoffman Estates, Illinois
- St. Catherine of Siena Catholic Church, Dundee, Illinois
- William Rainey Harper Community College, Palatine, Illinois
- Illinois Gifted Education Conference
- Sales Club of the Northwest Suburban Association of Commerce & Industry, Arlington Heights, Illinois
- Mount Prospect Kiwanis Club
- Chicago Chapter Consultants Roundtable
- Chicago Executive Association
- Friendship United Methodist Church, Bolingbrook, Illinois
- Bank of Lincolnwood High School District 214, Arlington Heights, Illinois
- Hawaii Island Chamber of Commerce
- University of Hawaii at Hilo Small Business Development Network
- Prince Kuhio Plaza Mall
- First Church of Religious Science
- Rotary Clubs
- Hawaii Island Writers Association
- America Association of University Women
- Abundance Foods
- Island Natural Foods
- Touched By Angels
- Grays Harbor Chamber of Commerce
- Aberdeen Timberland Library, Aberdeen, Washington
- Westport Library, Westport, Washington
- WIND, Westport, Washington

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**Call
(414) 257-1931**

**To Book Sally K. O'Brien
At Your Next Event!**