

Ep 17 Show Notes: Storytelling Episode with Sandra Bargman _ Anger and The Reluctant Leader with Special Guest Amy Lynn Durham 7/15/2024


Today we are #LIVEintheHIVE with actor and activist, ME, Sandra Bargman for a compelling narration from my chapter in the #1 Best-selling book, On The Shoulders of Mighty Women by the late Lesley Michaels.

I will be reading from my chapter entitled, Anger and the Reluctant Leader.

And I have asked my good friend, Amy Lynn Durham to be my wing woman.

Amy and I have a conversation post narration, touching on many of the points made in the chapter:

- * The penalties of displaying anger for women.
- * Why did I choose to write about anger and leadership?
- * The Power of Storytelling - and how I help clients learn to storytell.
- * Using a dream I had, we spoke about peak mystical experiences.
- *The epigenetics of generational anger and trauma.
- *The betrayal of women and the changing landscape of women in leadership. Women discovering empathy and unity vs competition and hierarchy.
- * All this, and so much more...join us.


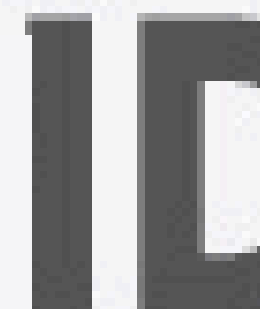


With a BFA from Carnegie-Mellon University, *Sandra Bargman* has had a 35-year career on the stages of Broadway Nationals, Off-Broadway, in regional and summer stock theatres across the country, and in the elite cabaret rooms of NYC. (AEA/SAG-AFTRA)

Combining her actor skills with spiritual intelligence and mindfulness teachings, Sandra teaches **Impactful Communication and Presence** to 21st century leaders. Her mission is to empower others to find their authentic voice and present their most authentically powerful selves.

www.SandraBargman.com

<https://linktr.ee/sandrabargman>



Amy is host of the very popular **Create Magic At Work®** podcast, and the author of both the prompt journal **Creating Career Magic** & the activity book **Create Magic At Work**. Through her multifaceted endeavors, Amy epitomizes the mission of **Create Magic At Work®**: to inspire intentional leadership, innovative strategies, and a culture of collaboration, transforming workplaces into thriving environments where magic is not merely a concept, but a tangible reality.

