


Ep 18 Show Notes: Storytelling Episode Part II with Sandra Bargman - Anger and The Reluctant Leader with Special Guest Amy Lynn Durham 8/1/2024

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

I will be reading the second half of my chapter entitled, Anger and the Reluctant Leader. And I have asked my good friend, Amy Lynn Durham to again be my wing woman for another post narration conversation.

- * How can we transform anger into action which inspires HOPE?
- * What women who don't identify or experience anger can do.
- * What is a healthy expression of anger/rage?
- * What is the difference between knowing and living concepts? How can we engage in the important shadow work of unpacking our triggers?
- * What is a reluctant leader? How does that relate to being an edgewalker?
- * My transformational teachings on storytelling and presence: Stepping Into The Parts of SELF that you've been waiting to share.
- * All this, and so much more...join us.


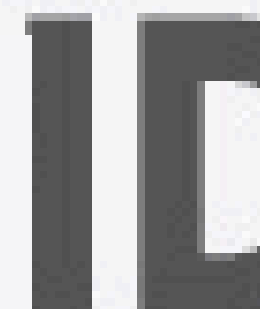


With a BFA from Carnegie-Mellon University, *Sandra Bargman* has had a 35-year career on the stages of Broadway Nationals, Off-Broadway, in regional and summer stock theatres across the country, and in the elite cabaret rooms of NYC. (AEA/SAG-AFTRA)

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.

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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.

