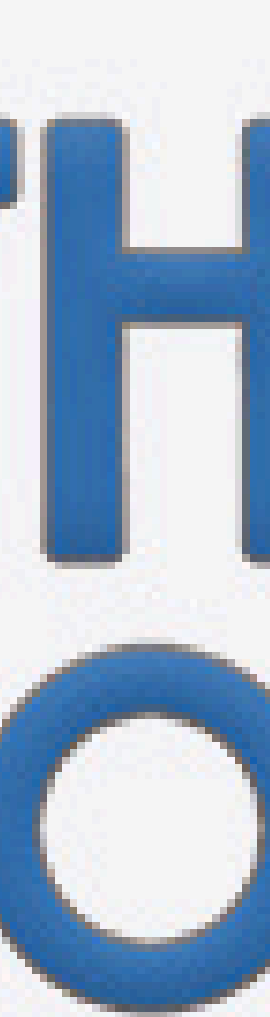


Ep 18 Show Notes: Storytelling Episode Part II with Sandra Bargman - Anger and The Reluctant Leader with Special Guest Amy Lynn Durham 8/1/2024

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.


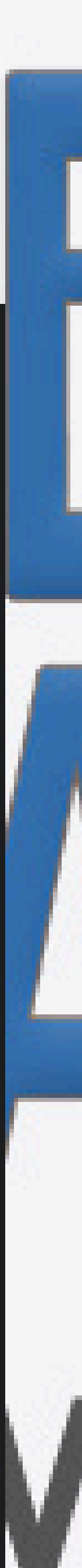


With a BFA from Carnegie-Mellon University, *Sandra Bargman* has had a 35-year career on the stages of Broadway Nationals, Off-Broadway, in regional and summer stock theatres across the country, and in the elite cabaret rooms of NYC. (AEA/SAG-AFTRA)

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.

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.

