

# NANCY ROSE



## PRESENTATION TOPIC

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### GIVING OURSELVES LICENSE TO SHINE

When do we shine? When we are most authentic...when we are being who we are, not who we think we should be. But as adults, how can we even know who we are, and be authentic, when so many of us have grown up without feeling accepted? The sad truth is that when we spend our lives trying to hide pieces of ourselves from the world, we end up hiding them from ourselves as well.

In this inspirational and powerful presentation, Nancy helps participants reconnect with the light within themselves. As long as we are alive, this light flickers, dimly for some, but it's there. Nancy inspires participants to rekindle that light and give themselves License to Shine.

Participants will discover:

- How to uncover clues to your authentic self, and become comfortable in your own skin;
- Why your unique light is needed in this world, and the unstoppable energy it will generate;
- Simple strategies to gradually become more and more who you are without jeopardizing existing relationships.

This presentation can be tailored for adults or children ages eight and up.