

# Big Voices



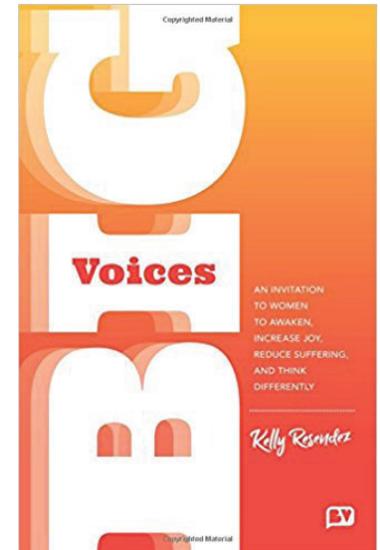
## SUMMARY

We all long to experience the extraordinary, yet so many of us seem content to settle for mediocrity and suffering. Why?

Perhaps because we've allowed our "little voices," the ones who say we're not smart enough, pretty enough, good enough, to lead our actions and temper our desires. Kelly Resendez is determined to change all that. She believes that life begins when you become aware of who you truly are. You can write a new story. You can have a Big Voice.

Kelly's uplifting message focuses on identifying and removing the barriers to self-actualization you have created. She's spent years working on her own Big Voice, learning from the masters and she shares that hard-won knowledge with you.

Through the pages of this book you'll discover your own Big Voice. Kelly explains how you can overcome self-doubt, self-sabotage, and shame. How you can increase joy regardless of whatever life brings you. With her proven strategies you can build an unshakable mindset and learn to think differently so your thoughts and emotions don't derail you.



## KEY TAKEAWAYS

- Women can write a new story, minimize self-suffering and find fulfillment and success
- Making intentional decisions and setting boundaries can provide better balance and less stress in the work place
- Overcoming predictable emotional triggers and conflicts
- It is within your power on how you respond to situations and obstacles
- #bigvoices is a movement to celebrate your success or the success of others that are demonstrating compassion or support for others, offsetting negative media

## QUESTIONS YOUR AUDIENCE MIGHT HAVE:

- Is there ever a point where the "little voice" just doesn't speak anymore?
- How do you make time for self reflection if you just can't sit still?
- Finding purpose seems easy enough and altruistic - Where can we start discovering what moves us?
- You talk about the "glass shards" left behind after women shattered the glass ceiling. Can you explain what you mean?
- Why do you think so many women are afraid to ask for help if they are struggling?
- How do you feel women who work and women who stay at home can support one another more?
- If we do find our Big Voices, what impact could that have on the world?

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