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(photo: Alex Buchanan)

## PRESENTATIONS BY SARAH GISH

mother\*family enrichment expert\* artist\*writer\*publicist\*infopreneur

### Sounds Like a Summer Plan!

This is a presentation chock full of creative ways to plan summer fun as well as concrete information on summer day camps and outings in Houston and surrounding areas.

### Calling All Kids\*

How do you encourage children to follow their heart? You listen to them...along with a host of other ideas that you'll learn about in this talk. Raising children in a conscious, heart-driven way creates better citizens who in turn affect communities and the world in a positive way.

### Sifting Through the Noise\*

Learn media literacy tools so that you can sift through the bombardment of advertising and "noise" in our culture to uncover who you are and what you want to be. Personal style is discussed as an outgrowth of clarifying media messages.

### State Your Mission\*

Everyone has their unique story and this talk addresses ways to discover it and express it. Specific guidance will be given on creating a personal mission statement.

### You've Got to Visualize!\*

Making dreams come true is a "simple" matter of visualizing them into being. In this talk, you'll learn ways to manifest your heart's desire and to keep from letting fear stop you in your tracks.

### The Eight Daily LIFE-amins

You know about vitamins, but what about those non-tangible tools that we need to become better human beings? Sarah discusses her secret to fully living: the eight daily LIFE-amins of love, spirituality, nutrition, exercise, education, recreation, creativity, and rest.

### Houston's Great!

Learn about gems in Houston from this native who loves to explore Houston's cultural scene and attractions. Sarah co-created "Happy Birthday Houston!", a celebration of Houston's 1836 founding and will include our city's history in her talk.

These talks and workshops have been presented at Houston area public and private schools and at corporations such as M.D. Anderson, Chevron, Baker Botts and AmeriCorps. All \*'d talks can be presented as a workshop that includes include an art-making component and Calling All Kids can include time for parents and children to make art together. Each presentation can be tailored to audience, budget, and location.