



SPEAKERS BUREAU

Thursday, September 27, 2018

7pm – 9:30pm

(networking begins at 6:45pm – Meeting begins at 7:15pm)

Westchester Recreation Center

7166 Manchester Ave

Los Angeles, CA 90045

Contact for the D1 Speakers Bureau Events

Leslie Pogue – 805.300.2787 – happychicklp@yahoo.com



***Qualified Speakers bring your products
and show them off on the
Qualified Speaker Table***

Remember:

***All meetings are FREE and open to
EVERYONE!***

Educational Speaker

Amber Krzys

Making Friends with Discomfort

The key ingredient to success isn't talent or luck. Yes, those can play a part, but the biggest determining factor (that can create exponential leaps in your life and work) is your willingness to get comfortable being uncomfortable.

Our small-self fears of rejection, judgment, failure, and looking like a fool are just a few of the obstacles we face when going for our dreams. Learning how to meet them with courage and compassion is what this talk will explore. You'll learn:

- Why discomfort shows up
- How to use it FOR your growth
- How to embrace it so that it doesn't stop you from living the life you most want

Amber Krzys is a former Broadway actress turned thriving coach, speaker, and facilitator. She has a master's degree in Spiritual Psychology from the University of Santa Monica and uses her skills and life experience to support clients individually and in groups. As a speaker she has been featured at Tedx Malibu, the University of Southern California, Penn State, Camp Climb, and more. She lives in Los Angeles with her husband and two rescue pups.

***ALL QUALIFIED SPEAKERS
are encouraged to attend!***

Auditioning speakers to be announced!