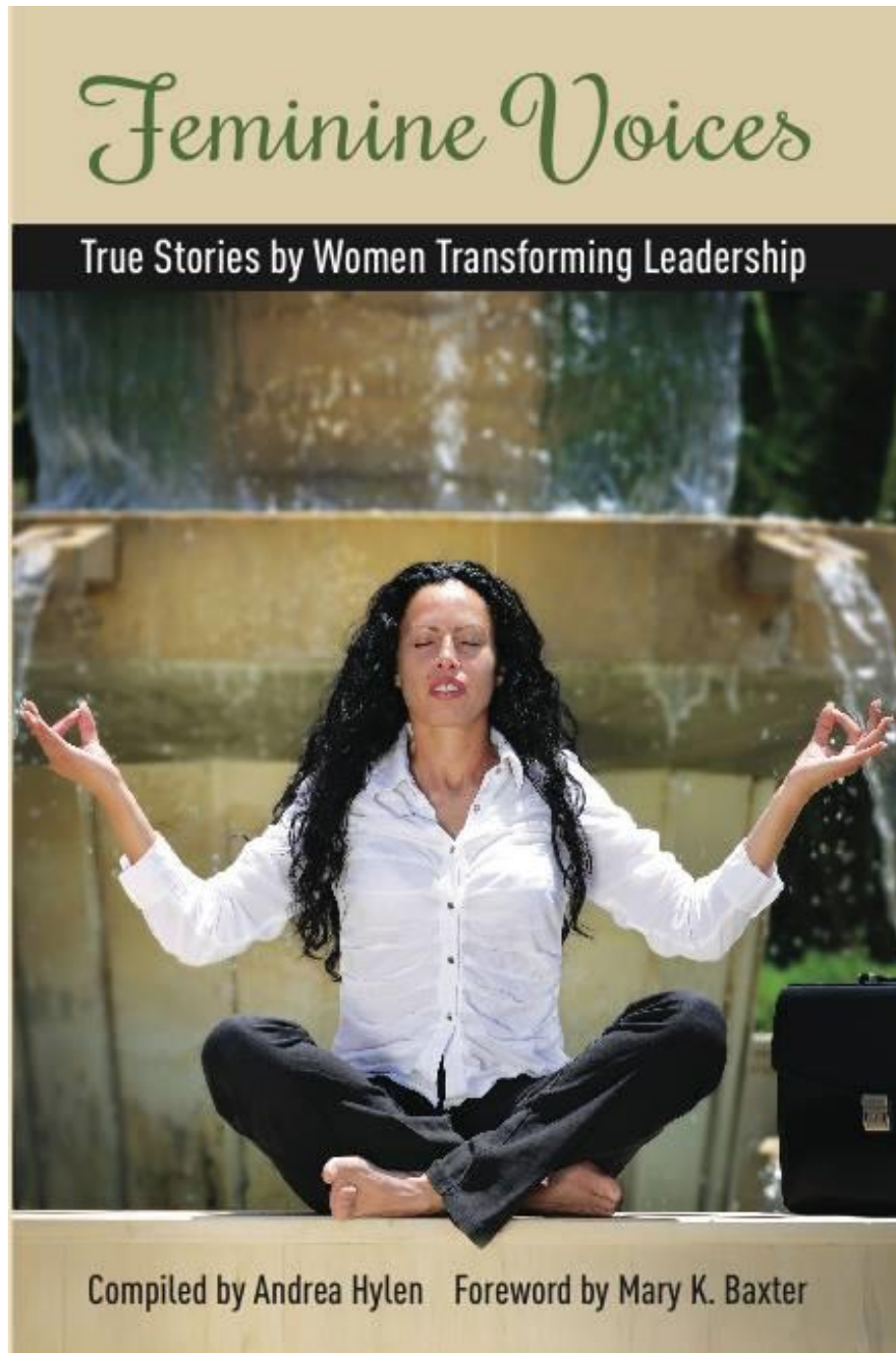


Study Guide

Feminine Voices: True Stories by Women Transforming Leadership



Dedication

This book is dedicated to
the women who came before us
who had the courage and willingness to stand up and use their voices,
and laid a path for us to follow.
And to the women who have picked up the baton
to run the next part of the race.

We see you.

Your voice matters.

Blessing

Rev. Jamie Dee Schiffer

We are blessed by the courage of these women. Through their stories, we are inspired to live our lives more fully, more completely, more openly, more authentically. These women have proven that their lives have been profoundly blessed, despite the otherwise outward appearances of trials and tribulations. They have heard their calling, and they have answered, proving that the power of their feminine strength can be manifested in ways both grand and intimate.

May you, the reader, be blessed with the inspiration found among these pages so that you may go forward in your own life and find the strength to live it as deeply and authentically as the authors.

May love, compassion and wisdom continue to bless the lives of these women and all whom they touch.

To learn more about Jamie, go to: <https://www.a-passionate-life.com/jamiedee>

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#apassionatelife

Introduction to Feminine Voices Study Guide

By Andrea Hylan

Feminine Leadership.

Is leadership different for women than men? Is it time for women to find new, more authentic ways of leading? Can women influence men to lead differently?

Every Heal My Voice book project consists of an intention around a topic focus for the stories. The intention for this project was for each woman to explore and examine her experiences with leadership, to look at past experiences, to dissect each situation, to explore her authentic expression and style and to discover what it means to be a woman leader in 2014.

We began by reflecting on a question: *What are some qualities of Feminine Leadership?*

The list included: Integrity, Authentic Heart, Compassion, Flow, Being, Love, Inner Strength, Connecting, Listening, Holding the Space, Nurturing, Presence, Vulnerability, Strength, Honoring Myself and Others, Creativity, Courage, Receiving, Connected with the Earth, Allowing, Spiritual, Universal, and Intuitive.

Our conversations evolved with the exploration of feminine and masculine leadership and new models of organizational structures. We shared videos, articles and stories while we listened to TEDtalks about leaning in and pushing back, articles that included the examination of *Changing Corporate Culture to Enable Women's Success* and *Vulnerability as Power*. We independently took other classes with words in the titles like priestess, power, sensuality, Mother Mary, feminine process, the red tent, the passion test, the desire map and untamed you.

One of the authors, Monisha Mittal, saw a SIGN in the first month of the program and posted it in the group: *Good things are happening: New entrance under construction*. The words "under construction" were a good description of what each of us took on as we deconstructed then reconstructed who we are as leaders now.

I learned a lot about myself as a leader. By the time the leadership project was beginning to form, I made the hard decision to end a collaborative initiative to have a co-leader in this project and instead moved forward to lead it on my own. In order to do that I had to let go of being the nice girl and make a decision I felt was best for the project and Heal My Voice as a whole. I learned *what is not collaboration* and I learned *why the collaboration broke down*. The process of that was complex and will be a story for another day.

The experience of *holding space* for the women in this group stretched me as a leader and to be blunt, I had a year in my personal life where my "people pleasing and nice girl acquiescing" style of community building got her ass kicked out the door. I have

learned how to artfully penetrate, to hold more discomfort in my body when someone tries to control me or reacts with anger or temper tantrums, to ask for what I want and to say the things out loud that I see before others see them even when it makes other people uncomfortable.

The women in this book are a reflection of the vision of Heal My Voice. They are strong, inspiring, powerful every day, extraordinary women who want to make a difference in the world, who see possibilities where others have lost hope, who have a voice filled with ideas, visions and who are willing to do the work. These women made a commitment to go inward, to discover their unique gifts, to “clean house” where an old style of leading was holding them back and now they are ready to share their journey with you.

They had the courage to be vulnerable and transparent, allow themselves to unravel their style of leadership, look at what was working and let go of what was not working. The stories are a reflection of their lives, their experiences and the deep inner transformation they experienced this year.

One of the inspirations for this book came from a quote by *His Holiness the Dalai Lama, at the Peace Summit in Vancouver, 2011.*

“The world will be saved by the western woman,” ~ His Holiness the Dalai Lama, at the Peace Summit in Vancouver, 2011.

The eighteen women authors in this book give you a glimpse of what it looks like when the western woman explores and discovers herself as a leader. The women share stories of transforming their leadership styles in work, parenting, health care, recovery and love. They challenged themselves to become more visible, to share their unique gifts, to offer new ideas, to heal old wounds and to take inspired action. Their stories demonstrate what is possible when Western women take their place as leaders in the world.

We hope that by reading their stories, you will discover more about yourself and step into greater leadership in your life.

All over the planet, we are bringing our voices out of the well-lit caves in which we shared vulnerable stories in circles of women. Now, we are all ready to go deeper and rise higher. It is a time of awakening for women and men. We are being deeply called to shift to a new perspective and change. The study guide was created as a tool and resource to encourage you to awaken to more of your inner authority, to reflect on your choices and to tune in to the gifts and wisdom gained from your own experiences. It is divided

into sections by each woman's story. There is a short description of the story topic, reflective questions about the story, resources that the author shared and a quote from the author's story.

The book is available on Amazon and this link will take you to all of the Heal My Voice Books: <https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/> if you are interested in reading more of the stories from other books and from this study guide: Tender Voices: True Stories by Women on a Journey of Love. For now, look through the study guide, read the quotes, notice the stirring of your voice, reflect, write your story!

Check out our Instagram page and please, share with others.

<https://www.instagram.com/healmyvoice/>

Individual Reflection

The study guide can be used for individual reflection, meditating and journal writing. If you have a copy of the book, read each story and write about what it stirred in you. A feeling, a memory, a desire. If you do not have the book, read through the questions and reflect on them in general. The questions are for you to discover more of you, in whatever way you choose. Let the quote inspire and awaken something in you that wants to be healed and expressed now.

In reading the stories in this book or reading the quotes, you may want to start a journal and explore your relationships with women: A grandmother, mother, sister, aunt, cousin, neighbor, teacher, mentor, classmate, friend. Is there something you want to heal? Do you have a different perspective now?

Conscious Book Circles

If you want to start a conscious book circle to read the books, here are some tips and suggestions.

Set a structure

*Is this an ongoing circle or a defined amount of time? (4 weeks, 8 weeks, 12 weeks)

*How often do you meet? Once a week? Once a month?

*Choose a Day and Time

*Pick a location: This can be at different homes or the same home or a quiet, safe space in a library or coffee shop.

*Is this free or is there a cost? Donation? Fee?

*Do you want a co-leader? If you are going to different homes, is the woman who is hosting the circle, the leader or facilitator or time keeper of the group?

Confidentiality:

Ask everyone to give a verbal yes to confidentiality. We each need to feel safe and to know that we can share our voices. Confidentiality creates safety in the group, enhances our ability to be vulnerable with each other and it helps expand the potential for new awareness, healing and exploration. Ask all group members to respect and honor one another and the sacredness of this conscious book circle space.

Open and close the circle with intention for the group:

Light a candle. Close your eyes and breathe together for a few moments. Turn off your cell phones. A short centering or meditation. Read a quote. Ask everyone to take a moment to tune in to their own intention for being in the group today.

Holding Space:

Some women share easily and can speak for a long period of time. Some women need silence and empty space to formulate their thoughts and feelings before speaking. Allow space and quiet in between each woman's sharing. You can go around the circle or do it like popcorn style but make sure that every woman says something. Set a timer for a first round of sharing and then go around again. Welcome all feelings. One woman may have had the worst day of her life. Another woman had the best day. Encourage women to share feelings that are loss and celebration, anger and joy. All feelings have the same importance and value in the circle.

Set a Personal Intention:

An intention is a starting point and an opportunity to set a conscious desire. An intention may be to listen, to speak up, to decompress, to open to new awareness, to learn something new. It is a way of setting your internal GPS to keep you focused on bringing your heart and mind into a connection.

Establish Guidelines for the Group:

A women's circle with friends can be tricky during a time when one or two members are going through a crisis. Divorce. Cancer. Death of a loved one. Set a boundary around the intention of the group. Set up time to provide additional support for the women who are

in crisis outside of the circle. Follow the intention of the book circle and create a separate space for supporting the friend in her crisis. A group can quickly deteriorate and fall apart if you turn this into a crisis management circle.

Set up boundaries:

No fixing or giving advice. Share your own experiences. No formal teaching. This is a space for sharing and reflection. A place for sharing vulnerability and to process experiences that can be turned into wisdom. It is not a space to preach to other people. Create an environment for asking questions, sharing your voice and sharing your process. We are all teachers for each other by being who we are and sharing our own journey. We all have our own inner guidance and it is important to honor and respect that. No one needs advice. Share your experience without expecting someone else to navigate life the way you have. Safety in the group allows each woman to tune into her inner guidance.

Start and end on time

One example is to open the doors and have 15 minutes for going to the bathroom, informal conversation and getting settled into a space to sit. Then, begin. Keep track of the time, bring the conversation to a close and have a closing.

General Questions for Each Story Reflection:

These questions can be used as a reflection with every story. Read the quote, then ask:

**How is this story like my own?*

**What choices for peace will I make now?*

**Is there a new perspective I see now at the age I am now?*

It is my greatest hope that reading the questions and the quote in each section will help you to remember your own stories. Your voice is needed in your family, community, business and the world.

Your voice matters.

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Heal My Voice Mission

To purchase book: <https://www.amazon.com/Feminine-Voices-Stories-Transforming-Leadership/dp/0692313664/>

Foreword: *Feminine Voices* **By Mary K. Baxter**

In this Foreword, Mary K. Baxter writes about being raised to be a leader with a voice and shares an experience when she was made to feel small because she was a woman. She also encourages you to read the stories in this book to spark, and rekindle, the voice of your own leadership.

Reflective Questions:

**Was your leadership cultivated and encouraged in your childhood?*

**Do you feel that you were encouraged to find your unique leadership style in your home and school?*

**What leaders did you admire when you were growing up? Who do you admire now? What qualities do they have that you admire? Do you possess those qualities? Do you want to develop the qualities?*

**Make a list of your different experiences of leadership and write about one of them.*

Resources:

*Future Business Leaders of America

*Dramatic Adventure Theatre

Quote:

*“Until that moment after dinner, I don’t think I had realized that I was seen as a little girl in a room full of middle-aged male community leaders. **I don’t remember the words that were said in this meeting**, and I don’t want to falsify the event with made up words. All I can speak to is how I felt. I felt small. I felt like my voice didn’t matter. I felt like I would ask a question and the response would be directed at my male partner. I felt out of place. I felt my ideas were irrelevant. **What I do remember is that I contributed to the solution.**” ~Mary K. Baxter*

To learn more about Mary, go to: <http://www.dramaticadventure.com/>

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#maryland #zimbabwe

Introduction **by Andrea Hylan**

*This is an overview of the project, **Feminine Voices: True Stories by Women Transforming Leadership** and a reflection of some of the experiences of eighteen women who wrote stories while healing together in an on-line community.*

Reflective Questions:

- *Is leadership different for women than men?*
- *Is it time for women to find new, more authentic ways of leading?*
- *Can women influence men to lead differently?*
- *Write a list of qualities that define feminine leadership.*

Resources:

- *TedTalks
- *Articles about Changing Corporate Culture, Mother Mary, Feminine Process.
- *The Red Tent
- *The Passion Test
- *The Desire Map

Quote:

“The experience of holding space for the women in this group stretched me as a leader and to be blunt, I had a year in my personal life where my “people pleasing and nice girl acquiescing” style of community building got her ass kicked out the door. I have learned how to artfully penetrate, to hold more discomfort in my body when someone tries to control me or reacts with anger or temper tantrums, to ask for what I want and to say the things out loud that I see, sometimes before others see them, even when it makes other people uncomfortable.” ~Andrea Hylan

For more information on Heal My Voice, go to: <http://healmyvoice.org/>

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Part One:

I Am Visible

“The authentic self is the soul made visible.”

~Sarah Ban Breathnach

Story One: My Authentic Life

By Lisa Hall

This story is about the author's experience of learning how to claim and express her Authentic Self.

Reflective Questions:

**Tuning in to the voice of your inner child, what does she want to say? Was she told to stop talking, stop singing, or stop making noise? What do you want her to know now?*

**Have you ever had the thought, "What if they don't like me?" Write about the feelings connected with that thought and see what you discover.*

**Reflect on "taking up space." What do those words mean to you? What is your relationship to taking up "too much" or "too little" space?*

Resources:

*Licensed Professional Counselor

Quote:

"I take up my rightful space on the planet now. Not more, not less, just what is mine. I now lead myself daily in every way. I listen to my intuitive voice, the voice that directs me to my highest and best good in any given moment. While I can enjoy being in groups, I don't let the group define me. I own my Presence. I own my Light." ~Lisa Hall

To learn more about Lisa, go to: www.dynamicalternatives.com

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#authenticvoice #coach #mystic

Story Two: *My Quiet Power* **By Nancy Nicholson Kobel**

The author shares a story about awakening to a new kind of feminine leadership, quiet power.

Reflective Questions:

**Make a list of activities or experiences in which you led, as a child, teenager and young adult. Include ways that you have been the leader of your own life.*

**What is your style of leadership? Are you seen as a leader? Do you see yourself as a leader?*

**What is the next challenge for you to step into greater leadership in your own life?*

Resources:

*Quote by Warren Bennis

*Leadership coaching

*Self-love

Quote:

“Attributes like quiet or loud, introverted or extroverted have nothing to do with leadership. It is how we show up authentically and present. So much feminine power has been suppressed, diminished in not just me but many girls and women around me. We don’t know our own power and we haven’t lived in environments where we were encouraged to be powerful in a feminine way.” ~Nancy Nicholson Kobel

To learn more about Nancy, go to: www.leaderinspired.com

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Story Three: *Stepping In*

By Nukhet Govdeli Hendricks

This is a story about the author's journey of shifting her leadership style from traditional, masculine, corporate to feminine leadership with intuition and heart and finding the strength in both.

Reflective Questions:

**How do you use your gift of intuition in your leadership?*

**Is it possible to lead effectively and lovingly if you leave your heart and essence at home?*

**Do you bring all of "who you are" to work or do you feel you have to hide parts of yourself?*

**Write a short story of one of your experiences of shifting leadership styles.*

Resources:

*Leadership Books

*Leadership Coach

Quote:

"I am learning to let my right brain bring out the best of my left brain. I still have to make hard choices at times that may not be the first choice of everyone involved. I still have to tap into that logical left brain of mine to make certain business decisions. However, the days of leading from someone else's point of view are long gone." ~Nukhet Govdeli Hendricks

To learn more about Nukhet, go to: <https://sheleadsfearlessly.com/>

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#awomansvoice #healing #NukhetGovdeliHendricks #northdakota #turkey
#sheleadsfearlessly #leader #coaching

Story Four: Kindness and Support is a Strength

By Natalie Forest

This story is about the author's experience of learning how to claim her style of feminine leadership in the home and workplace.

Reflective Questions:

**Think of a time when you had ideas or knowledge but because you were a woman, you were told to stand aside. How did you handle it? Did you have support from friends or colleagues?*

**Where have you diminished yourself? For example, someone suggests that you lead an activity and you say, 'I'm not a leader, I'm just here to help.' Could both be true? Is your leadership the way you help? Reflect and write about an experience related to the questions.*

**How do you balance taking care of yourself and supporting other people?*

Resources:

**Women leaders: Indira Gandhi, Mother Teresa*

**Albert Einstein*

Quote: *"When I lead it's all about listening, hearing, taking in and allowing all to be heard. Many powerful women are conditioned to remain behind the limelight. We forget our power. We forget how we lead. Kindness and compassion - two of the most powerful forces in the world and they can overthrow the way the world works, which is why they are so fear-invoking. ~Natalie Forest*

To learn more about Natalie, go to: <https://www.linkedin.com/in/natalieforest/>

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#maryland #germany

Story Five: *Some Day is Now* **By Sandy McDougall**

This story is about the events surrounding the death of the author's grandmother that helped her to step up, speak up, and act more confidently within her family.

Reflective Questions:

**When did you first have a desire to speak up or to share your unique voice and view of the world? Was that desire received and encouraged or were you told to sit down and be quiet?*

**What strengths and wisdom did you receive from your grandmothers or stories about them after they passed? Think of women who are older than you and write about the strengths and wisdom you received from them.*

**What is your mission? Make a list of your passions and interests and talents and skills. See if you can write a mission statement as a guidepost for your life.*

Resources:

- *Cooperative household
- *Intentional cooperative process
- *Women's community

Quote:

"I became deeply aware of the great turning of the wheel of life. It was as if my grandmother was asking me to take up my part in tending and nurturing the best of our strong family spirit. Our matriarch had passed and I accepted my growing responsibility in the cycle of the generations. I insisted that I be able to speak at my grandmother's funeral. As far as I know, I was the first woman ever to stand up in front of my family-and a great many other people as well- and speak from my heart. ~Sandy McDougall

To learn more about Sandy, go to: <https://www.linkedin.com/in/sandy-mcdougall-27408477/>

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Part Two:

I Am Transformed

“I take pleasure in my transformation.
I look quiet and consistent, but few know
how many women there are in me.

~Anais Nin

Story Six: *The Year My Smallest Self Died* **By Sofia Wren**

This story is about the author deciding that the only way to live in an ideal world is to write it and voice it into being.

Reflective Questions:

**Have you been searching for a meaningful purpose? Have you found it? Is there more? What is holding you back from living the life you desire?*

**Make a list of clues and ideas that give you evidence of your purpose. Clues are things you have been drawn to or experienced in life. For example, your purpose is to help people heal and grieve. You have had an abundance of death experiences in your life, including loss of jobs or moving. People contact you about grief. You write about grief. The clues may be subtle or obvious.*

**How many different career paths or lives have you lived in this lifetime? What have you learned about how all of those paths connect to the greater whole of who you are?*

Resources:

*Tarot for Your Self by Mary Greer

*Goddess Morrighan of Ireland

*Voice Lessons

Quote:

“I wasn’t sure if I was ready to let anyone see me, because I didn’t have it all figured out, but I did it anyway, and that’s how I found Sofia Wren. ‘Sofia Wren is a unique bird with many talents. She sings. She dances. She heals. Her words and voice linger. She shares, inspires, and educates. Sweet in silence. Spot on. Playful but old deep down with sass. She is a quiet friend and an outgoing speaker. Opening to love her makes everything else in the world flow easily.
~Sofia Wren

To learn more about Sofia, go to: <http://sofiawren.com/>

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Story Seven: *Leading the Next Generation*

By Kristen Rockenbach

This story is about how the author transitioned from being in a 'child-less marriage by choice' to becoming guardian of her 16-year-old nephew.

Reflective Questions:

**We all begin our adult lives with a roadmap and plans of how we think our lives will be. What has changed during your life? Make a list of all the changes and unexpected big moments.*

**What have been some of the challenges and gifts in the changes?*

**What has been the value for you in the lesson of disappointment? What doors opened, as a result of the disappointment or loss?*

Resources:

*Passion Test

Quote:

"As I was going through all of this, I remembered the Passion Test. I learned that one of my passions is to influence people to create a better world. Inheriting a 16-year-old was not what I had in mind when I wrote that. It is something bigger than I thought I would ever do. Having this perspective comforts me. I know that this is in alignment with who I AM and where my path is taking me. The universe will provide the miracles to support us through it." ~Kristen Rockenbach

To learn more about Kristen, go to: <http://kristenrockenbach.com/>

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#miracles

Story Eight: “the ambition of nature”

By Jacke Schroeder

This story is about the author’s trip to Israel and discovering that to reach the greatest place of love, we must choose the journey of repair and transformation.

Reflective Questions:

**Journal about a time that you traveled and your heart broke wide open. Was it a connection with the land, a past life, a dream come true? What cracked you open and what did you learn?*

**Have you ever thought about someone and then felt guided to go to a location, only to find that the person was there? Reflect on synchronicity and how that has played a part in giving and receiving support.*

**Reflect on judgement and compassion. What areas of your life would benefit from less judgement and more compassion?*

Resources:

- *Prayer Intercessor
- *Sacred Pearl Tour
- *Rabbi Ruth Gan Kagan
- *Mary Magdalene
- *Mincha
- *Nava Tahilla

Quote:

“To reach the greatest place of love, we must choose the journey of repair and transformation. We do this by first returning to ourselves, looking within our hearts to find where it is blocked, feeling sincere regret, making confession and asking for forgiveness, and rewriting the behavioral stories of our past into new ways of thinking and acting going forward into our future. ~Jacke Schroeder

To learn more about Jacke, go to: <https://www.linkedin.com/in/jackeschroeder/>

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#maryland #israel

Story Nine: *Inside Out: The Painful, Joy-Full Path to Feminine Leadership* **By Ellen Marie Dumer**

This story is about the loss of her mother when the author was 16 years old and her deep relationship with God.

Reflective Questions:

**Were you ever told to be a good girl? What does being a “good girl” mean to you?*

**What are some of your fears? Who or what do you rely on to deal with fear? Do you have a spiritual practice? Do you believe in God?*

**Do you feel liberated? Write about the ideas and feelings connected with liberation.*

Resources:

*Bernie Becomes a Nun

*Blessed Mother Mary

Quote:

“Leaders are not created in a moment. Their lives create their character. Much of life twists our vision of ourselves into lies that become obstacles. These lies must be purged...it is the ironic labor pains of birth into a same, but different woman ready to stand for her passions without regard for the opinion of naysayers.” ~Ellen Marie Dumer

To learn more about Ellen, go to: <https://www.livingyoureceptionallife.com/>

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#pastoralcounselor

Part Three:

I Am Renewed

“little by little
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company
as you strode deeper and deeper
into the world,
determined to do
the only thing you could do.”

~Mary Oliver

Story Ten: *My Journey Home* **By Kristen Rockenbach**

This story is about the author's journey into the divine feminine and healing both the masculine and feminine within herself.

Reflective Questions:

**How do you access the feminine side of leadership while surrounded by the masculine? How do you heal the toxic feminine and toxic masculine energy to become a healthier leader?*

**What are your favorite creative outlets for exploring and communing with your feminine side?*

**What are the qualities of feminine and masculine that resonate with you? How do you blend and weave them to support all of you?*

**What does a balanced feminine-masculine look like in your life?*

Resources:

*T.S. Eliot

*Aloha Camps in Vermont

*Circle of Stones by Judith Duerk

*Mystery Schools

*Photography and Writing

Quote:

"But how do I embrace the feminine side? How do I learn to live differently? How do I evolve to stand in the feminine while surrounded by the masculine? The answers came to me. I HEAL by clearing the debris from my path that I have lived with for so long and has restricted me like a corset not allowing a full breath. I HEAL my lineage. I HEAL by removing attachments which no longer support me." ~Kristen Rockenbach

To learn more about Kristen, go to: <http://kristenrockenbach.com/>

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Story Eleven: *Following My Heart: A Reinvention Story* **By Krista Riddley**

This story is about the author's international career in West Africa and Washington, DC and deciding to reinvent herself at the age of 50, as a solopreneur.

Reflective Questions:

**What does a leader do when she burns out? Have you ever had that experience? What did you do to take care of yourself?*

**Think about your life and the choice points when you reached a crossroads. Reflect and journal about the choices you made. What were the synchronicities? Have you had regrets? Have you ever taken one road and turned around to choose another?*

**Do you know how amazing you are? Write a list of different ways you have impacted others in small and large moments.*

Resources:

*Bodybuilding

*Fitness

Quote:

"So where do I go from here? There is a lot of life left to live. A lot of gifts yet to give. So, I'll step into my future and let it take me wherever I can use my skills and experiences to touch people's lives. That's what I've always done. That's leadership." ~Krista Riddley

To learn more about Krista, go to: <https://www.facebook.com/KristaRiddley/>

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Story Twelve: *Trusting and Soaring: All of Me* **By Monisha Mittal**

This story is about breaking free from a pattern of hiding and waiting and shifting to heart-centered leadership connected with inner authority.

Reflective Questions:

**What stories, told in books and films, are you drawn to read and watch? What is the resonance or connection to your life?*

**Do you feel different from people in your family or community? Where do you feel you belong?*

**What happened in your childhood, before the age of 5 or 6, that set up a pattern in your life? How has that affected your style of leadership and the use of your voice?*

Resources:

*Whole Brain Workshop

*Priestess Process

Quote:

"Trusting myself and my own authority, rather than waiting for permission or acknowledgement. These were the lessons from the breakdown of my leadership style."

~Monisha Mittal

To learn more about Monisha, go to: <https://www.linkedin.com/in/monisha-mittal-4643004/>

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Story Thirteen: *Consciously Living and Dying* **By Karen A. Porter**

This story is about the author's experience of caring for people in her family and helping them to die consciously and with dignity

Reflective Questions:

**Have you witnessed or cared for a loved one who was dying?*

**If you knew you were going to die soon, what would you do for closure? Write letters to loved ones? Make a list of personal items and who you would like to have them?*

**Have you had open, conscious conversations about death with your loved ones? What are some of the things you have talked about?*

Resources:

**Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying by Maggie Callanan*

**Conscious Conversation about death*

Quote:

"I live by the 'Three R's,' respect for self, respect for others, and total responsibility. Taking total responsibility for my life includes the decisions and choices I make in every moment of my life. That will include any decisions I make in the hour of my death. Conscious living includes conscious dying. ~Karen A. Porter

To learn more about Karen, go to: <https://www.mamaporter.com>

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Story Fourteen: Recovery is Possible

By Beth Terrence

This story is about the author growing up in a home with mental illness and isolation and her steps in recovery and becoming a PEER Recovery Specialist in Maryland.

Reflective Questions:

**Have you attended any 12 step programs? What is the core dysfunction or addiction in your family of origin?*

**When did you first become aware of the dysfunction? Recovery takes time and is a lifetime of practice and awareness. What are some of the conscious choices you are making towards your recovery? Are you in a maintenance phase or is there something deeper to explore?*

**What are the practices you use for self-care? What does self-care mean to you?*

Resources:

*Counseling

*Self-care

*ACOA and Al-Anon

*The Laundry List: aka, 14 Traits of Adult Children of Alcoholics written by Tony A. in 1978 (www.adultchildren.org)

*Meditation

*Shamanic Healing

Quote:

“Having grown up in a time when there was little or no support for individuals and families dealing with mental health challenges and addiction, I feel passionate about being able to help others have a different experience than I did. My growing up experience was one of extreme abuse, isolation, and abandonment. The denial that pervaded my family and community was detrimental to a child and young adult. No one should have to bear that alone. Today, I believe that there is a potential for a different experience - one that comes from a community approach to Recovery. ~Beth Terrence

To learn more about Beth, go to: <https://www.bethterrence.com>

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Part Four:

I Am Prepared

“We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.”

~Maya Angelou

Story Fifteen: Leadership Begins with Me

By Kathleen Nelson Troyer

This story is about the author's experience of starting a business using conscious agreements and the things she learned about leadership.

Reflective Questions:

**Write your thoughts and feelings about this statement: 'Leadership Begins with Me.'*

**What types of leaders have you worked with in business and community projects? What is the style that works the best for you, as a leader? What type of leadership style works best for you in working with others?*

**Have you ever experienced a health challenge because of working in a stressful situation? How did you take care of your physical and mental health?*

Resources:

**Co-creator's Agreements*

**Barbara Marx Hubbard*

Quote:

"I believe that we do the best we can with what we know at the time. As we learn more, we make better decisions - we add more tools to our toolbox, which makes us more masterful architects of our lives. What I know for sure is that leadership begins with our relationship to ourselves. We are all leaders of our own lives." ~Kathleen Nelson Troyer

To learn more about Kathleen, go to: <https://kathleennelsontroyer.com/>

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#coaching

Story Sixteen: *Now is the Moment* **By Charlotte Cronquist**

In this story, the author talks about the inspiration to create an event called The Joyride Experience in Malmo, Sweden during the summer of 2014. The event happened and there were challenges she had to meet along the way.

Reflective Questions:

**Have you experienced a moment like: 'My whole life has prepared me for this situation.' Write about your experience. If you haven't experienced that, write about what you think it would be like to have a moment like that.*

**Make a list of challenges and why you are grateful for the challenges. What did you learn from childhood, adolescent, young adulthood and to the present that you are now grateful for today?*

**Think about a moment when you felt desperate, as in, 'something you had planned began to fall apart.' How did you shift from feeling desperate to being curious and asking, "What's the next step?"*

Resources:

*Intuition

*Life Experience

Quote:

"I knelt down next to our bed. I was crushed. I see us losing our home. I imagine our little company going bankrupt. I was at the bottom. I lay naked on the bed. I lay there for more than an hour on a beautiful summer evening in the midst of a heat wave and something in my heart transformed from desperation to curiosity. What would happen now?" ~Charlotte Cronquist

To learn more about Charlotte, go to: www.charlottecronquist.org/

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#sexualenergy #intuition #love

Story Seventeen: Leadership Rx

By Kym Erickson Martin

This story is described by the author: "Cancer is my leadership story. Like beacons in a sea of darkness, my most valuable leadership lessons emerged once the fear of each of my three cancer diagnoses subsided." This is her story.

Reflective Questions:

**Have you been 'equipped, enabled, empowered and engaged in your health and healthcare decisions.' Write about your experiences with your health.*

** Have you experienced a health crisis or chronic condition?*

**What do you think about choosing herbs and nutrition and acupuncture over prescribed medical treatments? What about a combination of both?*

**What are your primary sources of health care? Write about the choices and decisions you have made in regards to your health?*

Resources:

**Dr. Tom Ferguson: ePatients: How They Can Help Us Heal Healthcare*

**Prayer*

**Herbalist*

**Internist and oncologist*

Quote:

"The primary leadership prescription I embraced from this brief exchange with my dermatologist is to listen closely to my internal nudges and to not allow my doctors to play God. Fear is rampant in medicine, and it can be a monumental task to keep one's wits. Cancer taught me to tune in, listen to what feels true and express my personal needs, preferences and goals - lather, rinse and repeat - until I feel heard." ~Kym Erickson Martin

To learn more about Kym Erickson Martin, go to: <https://www.360degreeinsights.com/>

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#melanoma #breastcancer #nutritionconsultant

Story Eighteen: *Uncharted Territory: Pioneering Women's Football* **By Donna Wilkinson**

This story is about the author's experience of playing women's football, winning the Gold Medal twice for TEAM USA and the leadership skills she developed with challenges, goals, failures and successes with the team. The story is based on her individual journey and team work.

Reflective Questions:

**What were some of your dreams when you were a child? What happened when you declared your dreams to your family? Were you supported? Did anyone laugh at you and say it was impossible?*

**What barriers have you broken through? When have you spoken up about something or done something that you were told was not possible or wrong for you to even try?*

**Do you feel you have to prove yourself? Where does that feeling come from and how have you navigated the feelings around that?*

Resources:

- *Physical Therapy
- *Healing Modalities
- *Therapist
- *Bikram Yoga
- *Meditation
- *Team Bonding Activities

Quote:

"I was only 5 years old when I declared to my family that I wanted to grow up to be big and strong like my grandfather so I could play football. My family thought it was cute and shrugged it off as a childish fantasy. Little did they know I would grow up to be a leader in the women's football movement." ~Donna Wilkinson

To learn more about Donna Wilkinson, go to: <https://www.donnawilkinson.net/>

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Story Nineteen: Answering a Calling: The Heal My Voice Story **By Andrea Hylen**

This story is about the author daydreaming with God on walks in nature and hearing the words, "Heal My Voice." She is the founder of the organization and the nine-month program of writing, including this book: Feminine Voices.

Reflective Questions:

**What would you talk about with God, on walks in nature and daydreaming about your life? Have you ever asked God for help?*

**What are some of the ways you have received inspirational messages? In the shower? On a walk? In the middle of the night? How do you keep a record of them?*

**What questions have you asked yourself to try to discover your purpose? 'Why am I here? How am I to serve? What are my next steps? How can I serve and support myself financially?'*

Resources:

*Michael Bernard Beckwith

*Heal My Voice

*Blogtalk Radio

Quotes:

"I heard the whisper of words in the background of my mind. I might have brushed them away as a thought passing through except for one thing. I could feel my heart beat faster, my lungs suddenly filled with air and tears filled my eyes. The words, "Heal My Voice," were more than a whisper. They were filling me with emotion. Heal My Voice was filled with the unheard voices of women." ~Andrea Hylen

"Shhhh...listen...it is calling you from within. Pick up the pen, the notebook, or the computer and start writing. Your voice matters." ~Andrea Hylen

To learn more about Andrea Hylen, go to: <http://www.andreahylen.com/>

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#daydreamingwithGod

Heal My Voice Mission:

Heal My Voice empowers and supports women and girls globally to heal a story, reclaim their inner authority and personal power and step into greater leadership in their homes, businesses, communities and the world.

www.healmyvoice.org

To purchase the book, **Feminine Voices: True Stories by Women Transforming Leadership**, go to Amazon. Available in Kindle and Paperback:

<https://www.amazon.com/Andrea-Hylen/e/B002C1XZCU/>

