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EMPOWERMENT



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**February 18th 2020: Finding Your Voice for all
Season: Speak Your Truth!**

Today's show is about finding your voice with Dr. Young's interview with the noted speaker, Rena Cook, vocal authority and writer of the book, "Empower Your Voice for Women in Business, Politics and Life". She has a MA in voice studies from London's Royal Central School of Speech and Drama. She trains actors, women running for political offices, women in recovery, attorneys, CEO's and sales teams. She will share her incredulous journey and provide strategies for speaking personal truth in all situations. A must-to listen show for all individuals, men and women!

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Featured Guest



Rena Cook

I started life as a singer/actor/dancer. As a young adult I found that teaching was more deeply gratifying. Performing is about me and teaching is about we. I taught high school drama and felt I was changing lives through theatre. Then I upended the security of my life, quit my job to go back to school for an advanced degree. I wanted to do more.

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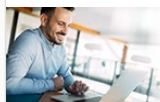
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