



In the News

Sandra Steen & Associates, Inc.

A Life of Joy in Biography:

Sandra Steen Leads Audiences on a Joyful Journey toward Excellence, Enlightenment and Purpose

"I bring messages that meet you where you are. I'm in the joy business." – Sandra Steen

Sandra Steen was just six years old when she realized her life's calling. Facing the task of addressing her church's congregation to deliver a five-minute speech, Steen was undaunted. Most children and even most adults would be paralyzed with fear at the prospect of even standing in front of hundreds of people, let alone speaking to them. Not Sandra Steen. Instead of shrinking in fear, she strode to the podium, seized hold of either side, and exceeded her allotted time, gaining strength and confidence with each new word.

It was this experience in her family church that set Steen on her path toward speaking to scores of other audiences around the world to bring messages of joy, encouragement and inspiration to thousands. Public speaking isn't just something she does, Sandra Steen was born for this and makes her life's work the chance to spread joy to everyone.

Practicing What She Preaches: Excellence and Joy

Realizing that she often had to restructure other people's training programs to fit what her employer wanted, Steen often found herself asking, "When are you going to quit talking about it and start doing it?" She quit her traditional corporate job and started her own company, Sandra Steen and Associates Inc., built on the philosophy that training programs shouldn't have a one-size-fits-all approach.

"I believe you should always seek excellence," says Steen. **"When you have excellence in the small things, you'll find an opportunity to be excellent in the big things, too."**

Practicing the belief that excellence breeds opportunity, Steen has built her company with entrepreneurial spirit and drive that in itself is inspiring.

Joy for Companies, Organizations and Individuals

As the founder and president of Sandra Steen & Associates, Inc., an international speaking, training and consulting firm, Sandra Steen embodies success. Steen's company is built on the three pillars of providing **joy for the mind, body and spirit**, and brings bold and inspirational messages that challenge individuals and organizations to achieve excellence, purpose and clarity in all aspects of their lives.

"I realized very quickly I was gifted to do this," says Steen. **"We all have gifts, but it's finding out what to do with your gifts that bring your life purpose."**

Steen thinks of joy as something which fulfills and sustains us all with a spiritual advantage. She has made a study out of joy, analyzing it from all angles and considering what it brings to our lives. Steen's science of "joyology," and her "Joy Institute" offer numerous ways for people to find the joy they may be missing in their lives. Just as Steen's life purpose is to bring joy to the masses, her messages are individually designed to help her audiences find and celebrate purpose as well.



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From CEOs to entrepreneurs, managers to employees, and men and women of any profession, Sandra Steen brings tailored messages of joy and aspiration that are as universal as they are inspirational.

“I meet you where you are,” says Steen. “I can’t answer questions that people aren’t asking, so I like my audiences to ask themselves serious questions about what they want to achieve to help them find purpose.”

“Are you ready for this?”

More than a simple question, “are you ready for this?” is a challenge that helps Steen set the tone for many of her audience experiences.

“We all show up on purpose,” says Steen. “I think it’s most important to connect with my audiences on a spiritual level that lets them know they’re valued and have definite potential to know and live in joy.” It’s this notion that joy isn’t something that just happens but rather is deliberate is revolutionary for many. Steen empowers her audiences with the ability to seek and realize joy in many situations, which can lead to profound life changes for those who are ready to participate.

“I’m not afraid to go there.”

One of Steen’s trademark characteristics is her unflappable enthusiasm. At times, her motivational messages tread deep waters that ask audiences to turn inward to consider their gifts and their potential. If they aren’t afraid to participate, even the most skeptical will be hard pressed not to find Steen’s messages **moving, motivational and momentous**.

“I’m not afraid to go there,” says Steen. **“Sometimes, finding joy is about letting something go, which can be terrifying, but I like to say that wisdom is the other side of trouble.”**

Sandra Steen’s **Joy for the Mind, Body and Spirit** programs are featured below.

Sandra Steen’s **Joy for the Spirit** Motivational Keynotes include:

Mission P.O.S.S.I.B.L.E.™
Championship Living™
Who Stole My Joy?™
Finding the Joyous You
Forgive and Grow Rich: Reconciling Your Forgiveness Account
You’re Fired” A Message to the Joy Robbers™ in Your Life
Joy Builders™ in Your Organization
Sowing the Seeds of Purpose
Joy: A Key to Raising Performance
Beyond Great: Seven Secrets to Successful Leadership
Celebrating the Difference™
Finding Your Place Called There



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Sandra Steen's **Joy for the Mind** Training Sessions include:

The Joy of World Class Customer Service
Telephone Etiquette
Professional Presence: Joyfully Submitted
Coaching the Coach
Training the Trainer
Teambuilding and Communication
Diversity: The Power of Identity, Parts 1 and 2
Bridging Sales and Service

Sandra Steen's **Joy for the Body** *Oats to Joy™* Oatmeal Cookie Mix feature:

Oatmeal Pecan
Oatmeal Chocolate Chip
Oatmeal Raisin Cranberry
Oatmeal Chocolate Chip Coconut

Sandra Steen's book, *Who Stole My Joy™* is due in bookstores soon.

For More Information about Sandra Steen, please contact Sandra Steen and Associates Inc., at 210-804-0655 or online at sandrasteen.com.

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