



In the News

Sandra Steen & Associates, Inc.

Joy for the Mind, Body and **Spirit**:

Sandra Steen Gives Clients High Energy, Dynamic,
Life Changing Results

Y'all Ready for this, y'all ready for this, y'all ready for this?

Get Ready

Spirit. Inspiration. Motivation. Destination. Sandra Steen speaks a purpose driven message that provides a rare blend of bold energy, incredible enthusiasm and life-changing information. If you hire Sandra Steen & Associates, Inc. then you better get ready for breakthrough and change, and abundant and joyous living. Get ready to be the “you” that “you” were created to be.

To some people, joy is a concept that is abstract or unattainable. For Sandra Steen, joy is a critical element of everyday life. “I’m in the joy business,” she explains with a smile. “I live joy and teach people how to live it too – Joy for the Mind, Joy for the Body and Joy for the Spirit.”

“Joy” is something which Steen has nurtured from her work as a speaker and corporate trainer, and has grown to also encompass motivational and inspirational speaking. Steen is the name and face of Sandra Steen and Associates, Inc. (SSA), a San Antonio, TX based international speaking, training consulting firm that seeks to bring joy to the masses in a variety of forms. “I speak to the self-esteem of every participant,” Steen says. “That’s what puts me in the joy business.” She’s a dynamic personality who brings a full force of enthusiasm to every engagement, and she’s been preparing for it from an early age. She knew at six, her life’s calling. “There are things we’re gifted to do and things we’re purposed to do,” she explains. “I realized I had a gift for speaking as a child. That gift was fostered, and now it’s my life’s purpose to encourage others to find joy. Uncovering joy leads to success and fulfillment.”

“As a speaker, there was a time when it was important that you liked me. Now I find my measurement as a speaker is that you leave liking you.”

– Sandra Steen, Sandra Steen and Associates, Inc.

Cultivating the Tri-part being – Mind, Body, Spirit

Steen begins all of her motivational engagements with an energetic kick-off that brings her audiences to attention. Often using high-fives or other calls to action like proclaiming “it’s a great day,” or other positive responses, Steen likes to get her audiences fired up and prepared for messages of joy. “Some people say, ‘oh, that will never work for this audience,’ especially if it’s a conservative crowd,” says Steen, “But I find people always respond when they have a reason to tap into excitement that’s already there and they just don’t know it yet.” Some 500,000 audience members who have experienced a Sandra Steen inspirational session have responded with resounding enthusiasm. Steen’s audiences consistently come away commenting that it is the best motivational experience they ever had, and that they received so much more than they could have ever imagined.



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Steen has addressed crowds as various as pharmacists, entrepreneurs, lawyers, doctors, CEOs as well as front line employees all over the U.S. and in numerous countries including Brazil, Australia and Germany. More often than not, her audiences look forward to her keynote addresses and find a renewed sense of purpose, direction and joy. There's another common denominator that unites Sandra's audiences around the world: They all respond to something about Sandra Steen.

A Purpose Driven Message

"A purpose driven message, speaks to the heart and mind of an individual," she says, "I'm not always certain of the exact moment, or at what specific point it happens, but there's definitely a constant that moves my audiences and kicks us into high gear." So, what is it about Sandra Steen's Joy for the Mind series that is so special? In many ways, it's her genuine approach. "I find that people respond to a genuine message," Steen says. "I always come to the table with the agenda to see someone's life made better."

Although the impact of her motivational message is hard to define, it's certainly not hard to measure. Her success with reaching people is largely due to the fact that she tailors her messages for each audience. The energy that she inspires in every audience is palpable and contagious. **"I don't talk out of a book, I talk out of life," she says, "I find ways to reach people in the everyday situations we all face."**

"My motivational messages enhance people's strengths rather than try to take away their weaknesses," Steen explains. "It's always a focus on the positive rather than any negative."

Finding Your Purpose, Embracing the Power of Choice

According to Steen, people find joy when they understand their purpose. "Life fulfillment and joy come from understanding your purpose," she explains. "When you're not realizing your purpose, joy robbers™ like frustration and anger prevent you from realizing joy."

Steen's motivational message includes empowering people to realize they have free will. To Steen, the power of choice is a gift, and when people relinquish choice, they become victims. Her messages lead people to get beyond their problems and excuses and own their choices. **"Every day we have the power to choose," Steen says. "Finding joy is about making the choices that are right for you and your purpose."**

Taking Action + Renewing Hope = Joy

According to Steen, when people find their purpose, the next step is to act on it. She is extraordinarily skilled at encouraging people to find a vision and the motivation to take action. **"I don't have the power to change your life," Steen explains, "You do. I can plant the seeds, but ultimately each person has the ability to take action that will bring about change."**

The fact that people don't always tap into their life's purpose is something that Steen thinks prevents them from living joy. It's one thing to realize purpose, but it's another thing to act on it. Sandra Steen equips her audiences with the tools they need to take that action and make real change in their lives.

At the end of her training workshops, Steen regularly incorporates a "motivational sendoff," or affirmation which she uses to leave her audience with a clear message of joy and inspiration. **Wouldn't it be great if we could all live every day with such overwhelming affirmations of joy and encouragement? With Sandra Steen, attaining joy is entirely possible if we use her tools to find it within ourselves.**



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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

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

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

Sandra Steen's **Joy for the Body** *Oats to Joy™* Oatmeal Cookies Mix features:

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

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

For More Information

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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