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## **Sheryl Sandberg and Sandy Levey-Lunden are on the same mission**

Sheryl Sandberg, the COO of Facebook and author of *Lean In (Women, Work and the Will to Lead)*, points out that women still only make 77cents as compared to a man's \$1 an hour. Out of 195 independent countries, only 17 are led by women. Of the Fortune 500 CEO's, only 21 are women. And she feels that the woman's movement begun in the 60's has been stuck and on hold for the past twenty years.

Why?

"Women are hindered by barriers that exist within ourselves," she says.

"Women unintentionally hold ourselves back in our careers and throughout our lives. We have internalized the negative messages we got from our parents and society."

"It's wrong for a girl to be outspoken."

"It's wrong for a girl to be more powerful than a man."

"Women have to compromise their career goals for a relationship and family."

"Women have to lower their expectations of what they want to achieve in life."

"Women have to hold themselves back."

"Women can't aspire to the top executive positions."

Today it is time for women to begin leaning in...  
begin stepping up...  
seeking challenges...  
taking risks...  
speaking our truth...  
offer our opinion...  
define our goals...values...and dreams  
be ambitious...and pursue our goals and dreams with gusto  
be willing to climb the career ladder of success...  
seek out higher levels of responsibility...  
aspire to achieve personal fulfillment.

Sheryl goes on to state that, "Our internal barriers deserve a lot more attention to better understand exactly what is holding us back from fulfilling our potential. And getting rid of these internal barriers is critical for our success.

For the past thirty years Sandy Levey-Luden has been addressing these same women's issues in her course True Woman's Power. Thousands of women have learned what they need to let go of in order to achieve their full potential. What wrong beliefs and limiting emotional blocks have to be released in order for women to successfully attain their goals and dreams. It is certainly important to develop the self confidence to "Lean In" to the world...step up...and speak out. But as Sheryl Sandberg correctly points out, it is equally important to investigate and get rid of those internal barriers that stifle us in the first place. Sandy's three day course specifically looks at these issues and empowers women to permanently overcome whatever is standing in their way to True Woman's Power.

"Whatever you can dream...you can achieve. Boldness has genius...power and magic in it. Begin Now."

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