

Selby Ink

-- For immediate release --

What Do #MeToo and Black Lives Matter Teach Us?

Staunton:) Powerful stories exploded from both movements that challenged us while inspiring visions for a very different future. Both taught us to examine distorted stories, stories that were repressed or hidden in order to fit in, or be liked. And by following those movements we came to terms with the damage that was created by distorting or hiding our voices. That damage has engendered a society out of balance, culturally, politically, environmentally and personally. And we are at a tipping point, a time when envisioning a different future is critical. The first step in creating a better future is to reclaim our stories, reclaim our voices, while exploring a **Yin** journey.

Yin healing is mysterious, invisible and profound. **Yin** – the part of life to which we pay little attention — is the power in the leadership journey, the source of our voice and our ability to act. Without **Yin**, there is no balance in the world. **Yin, Completing the Leadership Journey**, by author and coach Lisa J Marshall, is a guided reflective journey designed to help us reach that end. **Yin** was written during the first year of the pandemic and the throes of #MeToo and Black Lives Matter, as Lisa watched people struggling to find and use their voice. **Yin** invites readers to discover what may have, in their own stories, prevented them from using their voices effectively. **Yin** weaves together-the maturity journey and how it differs for most women, to create a compelling and very different version of the future than the one we're currently headed toward.

Lisa Marshall is a nationally recognized expert, trainer, and speaker on leadership maturity and organizational development. She is the president of her executive coaching firm, The Smart Work Company. Lisa is also the author of *Speak the Truth and Point to Hope: The Leader's Journey to Maturity*. For over twenty years, her seminars and trainings have offered executives a creative way to become more self-aware and tap into their potential through the power of story. Lisa understands the power of story, and that stories live in our bodies.

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