

# WOMEN!

Sylvia celebrates women who make a difference, women wishing to reinvent themselves, women who take a risk, women who have survived great adversity and women who inspire our future generation of girls and boys.

*Women, Teen Girls, Women's Groups, Middle & High School, ESL*

## **INSPIRATIONAL LATINAS**

*Never underestimate your power as a woman!*

Hear true-life stories of amazing women and their very personal struggles to break down barriers and soar past stereotypes. Learn about the hardships and victories of Ynez Mexia (age), Ellen Ochoa (gender), Rita Moreno (background); Julie Stav (language), and Dr. Vicki Ruiz (education). Let these women inspire you to step out of your world, crash through comfort zones, and find your own personal success. Discover that you are never too young or too old to begin building the life of your dreams.

*Some popular programs include:*

- ❖ Girl Power: Be Anything You Want to Be
- ❖ Face Your Demons, Find Your Dream
- ❖ Second Chances: Reinventing Yourself

*Women, Teens, Visionaries*

## **EVERYDAY HEROES**

*Finding the Passion Within, The Driving Force of Your Being!*

You? A Hero? Yes. Everyday heroes have a voice and speak for the underdog. Everyday heroes take action, get involved, create change. Everyday heroes are visionaries. What is our responsibility in this world? We must move beyond the box, beyond our comfort zones, to see what we can do and what we can offer the world. We have a gift to share with the world—are we brave enough to take that risk and bare our souls? Break barriers, move ahead and soar past stereotypes to be the best you can be.

*Some popular programs include:*

- ❖ There's a Hero in All of Us
- ❖ Gutsy Women Going Places
- ❖ Soaring Past Stereotypes

## **ABOUT SYLVIA MENDOZA:**

Latina journalist Sylvia Mendoza is an advocate for the promotion of diversity, literacy, and women's empowerment through education. Sylvia is the author of *The Book of Latina Women: 150 Vidas (Lives) of Passion, Strength and Success*, an important historic perspective on Latinas who have made significant contributions in the arts, politics, science, and history. Sylvia's workshops and programs motivate and inspire Women's & Multi-cultural Studies programs, clubs and associations for girls and women, and students, writers, educators and librarians. As a featured speaker for the National Women's History Project, Sylvia has appeared on **C-Span's Book-TV** to share true stories about amazing Latinas and their very personal struggles to make the world they lived and loved a truly better place.