



PO Box 30924  
Seattle, WA 98113  
206-784-5428

---

Media Page

Contact: Kris Steinnes

Direct Line: 206-784-5428

Email: [ksteinnes@mac.com](mailto:ksteinnes@mac.com)

Website: [www.womenofwisdom.org](http://www.womenofwisdom.org)

Book: Women of Wisdom: Empowering the Spirit and Dreams of Women

Media Release: Inspire women to be the leader of their life! Honoring our feminine values

We let our dreams get stepped on and we devalue our feminine attributes, which are our strengths. Are you looking for someone to rescue you? Stop looking outside yourself. You are the leader of your life and the answers are inside – stop and listen!

Introduction: We need women leaders but do women feel supported and heard? And when do they have time? Kris Steinnes, founder of Women of Wisdom Foundation, will share with you today how women can find their voice and start living their dreams now. Discover how a supportive community can empower and validate you.

Sample questions:

1. What stops women from being a leader and speaking up?
2. What do we have to do to be able to embrace women in leadership?
3. What are some examples of feminine values and why do we need the?
4. There is a commonly accepted idea that in order to succeed in business,

politics, or academia, women need to "act like men." Is there a different kind of leadership model emerging?

5. What stops women from pursuing their dreams and how can they discover them?
6. What brought you to develop circle leadership?
7. What is Women of Wisdom and how did you start it? \_
8. What inspired you to write the book, Women of Wisdom?
9. How do you define "the Divine Feminine" and "Women's Spirituality"? What distinguishes it from human spirituality in general?
10. In this critical time of war, economic recession, ecological crisis and food shortages, there are those who might consider a focus on women's consciousness raising and women's spirituality to be self indulgent. How do you respond to this?

Extro:

Kris Steinnes' new book, Women of Wisdom will inspire you to make changes in your life with stories, art and poetry. The book is available at Banyen Books and [www.womenofwisdom.org](http://www.womenofwisdom.org). She will be speaking at Banyen Books (EastWest Yoga, 3574 W. 4th Ave. (1/2 block E of Banyen) on Thursday, June 5<sup>th</sup>, 5:30 – 7:15pm.

Bio

Kris Steinnes founded the Women of Wisdom Conference in 1993. For 16 years she has directed this life changing conference in Women's spirituality. In 1998 Ms. Steinnes created the not-for-profit organization, Women of Wisdom Foundation. Her background was in clothing design and product development. In 1983 she traveled around the world for three years, which led her to come back to the US to discover her passion. She is a minister, meditation teacher, author and leader.