

SANDRA CAVANAUGH

Unleash the Power of Your Unique Creative Genius

CREATIVITY SPECIALIST
TRANSFORMATIONAL COACH
MOTIVATIONAL SPEAKER
BESTSELLING AUTHOR

BIO: An expert in the field of creativity, imagination, and innovation, Sandra has coached and taught thousands of successful entrepreneurs, creative artists, business leaders and their teams, actors, writers, parents, students, and educators.

Sandra uses techniques developed over 35 years as an award-winning professional director, actor, writer, entrepreneur, and master acting and improvisation teacher to provide profound wisdom and deceptively simple strategies for teaching us to expect, respect, and maximize the unique creative genius in ourselves and all those around us.

Sandra's mission is to create a world where everyone's unique creative genius is shared and respected regardless of their age, education, or perceived abilities.

Through decades of working with children with special needs Sandra developed her deep belief that:

"Everyone is brilliant! We have no shortage of brilliance in the world, just a reluctance to offer it and a resistance to accepting it."

In her internationally bestselling book, SPONTANEOUS BRILLIANCE, she illuminates the meta meaning of Shakespeare's assertion that "All the world's a stage..." with her playful and powerful metaphorical, metaphysical guide to sharing your unique creative genius in this 24/7 Improv on the great stage of life.

POPULAR TOPICS:

- **SPONTANEOUS BRILLIANCE:** Expect, respect, and maximize the genius in yourself and all those around you
- **FINDING YOUR BLISS:** Discovering the power of the purpose that you came here to share
- **DIAMONDS IN THE ROUGH:** Unleashing the genius in those with cognitive disabilities
- **MASTERFUL LEADERSHIP:** The art of leveraging brilliance
- **MANIFESTING MIRACLES:** The five steps to conscious creation
- **YOUR COCKTAIL OF CREATIVE GENIUS:** Learn the recipe for igniting your own brilliant creative process
- **PREDICTIVE MANAGEMENT SOLUTIONS:** Solve your problems and stop crises before they occur
- **THE ART OF UNCONDITIONAL COMMITMENT:** How to stay committed even through darker times
- **INSTANT RESILIENCE:** How to instantly pivot, innovate, & exceed expectations in times of crisis and uncertainty



"If you have been waiting in the wings of your own life wondering how or if you could ever find a way to bring your passion from deep inside you to creative fruition - your wait is over! Spontaneous Brilliance is here!"

Marci Shimoff, #1 NY Times bestselling author, Happy for No Reason and Chicken Soup for the Woman's Soul.



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Whether keynotes, workshops, or extended training, Sandra creates highly customized, interactive learning experiences that transform perspectives and empower her audience to take inspired action.

- Notice and nurture the brilliance in yourself and those around you
- Experience more clarity and confidence in everything you do
- Transform obstacles into opportunities and limitations into inspiration
- Live and lead with compassionate accountability
- Turn your ideas into outcomes and fear into courageous action
- Make the difference you were born to make in this world



WHAT CLIENTS AND COLLEAGUES SAY ABOUT SANDRA

"I love Sandy. She's a wise woman. Not only is she a brilliant writer and director in her own right, but she is a truly gifted teacher and communicator that inspires and guides her students and colleagues to express themselves genuinely and authentically from the depths of their soul."

-Olympia Dukakis, Academy Award Winning Actress

"She brought a community of people who had never met, together in a fun and interactive way. As an event organizer, I couldn't have asked for a more knowledgeable, interactive, and empowering speaker than Sandra Cavanaugh. It was truly an honor to have her level of expertise at our event!"

-Wendy Mastroeni, Director, Rock That Awesome

"Sandra is a truly gifted speaker and presenter. I have watched her inspire groups of business leaders, creative individuals, artists, and students of all ages and abilities for more than three decades. She is the definition of a motivational speaker. So if you want to reimagine your team or inspire your audience, you cannot do better than Sandra Cavanaugh."

-Dene Oneida, Creative Services Coordinator for TN DHS

"In knowing and working with Sandra Cavanaugh for over ten years, I simply cannot fully articulate the depth and breadth of her creative talents. But I can say that, whether in keynotes, seminars, workshops, or residencies, I am always amazed at her ability to fully engage each and every person, inspiring and empowering them to reach their fullest potential"

-Charlene K. Quade, Attorney - C K Quade Law, PLLC

"Spontaneous Brilliance provides powerful insights and strategies for awakening your unique creative genius and developing the confidence to express it. If you're ready to live a purpose-filled life as a conscious creator, I recommend you begin with this essential primer from one of the most insightful people I know, the amazing Sandra Cavanaugh."

**-Debra Poneman - Bestselling Author,
Speaker, & Founder of Yes to Success, Inc**

Sandra's Signature Programs



SPONTANEOUS BRILLIANCE

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PREDICTIVE MANAGEMENT SOLUTIONS

With Predictive Management Solutions, Sandra provides business leaders and team members with the easy, actionable techniques and strategies for: creative problem solving, authentic communication, proactive collaboration, compassionate accountability, rapid transformation, and mission-driven innovation.



THE ART OF UNCONDITIONAL COMMITMENT

The Art of Unconditional Commitment began as a practical guide for parenting children adopted from foster care, based on Sandra's own remarkable journey with her daughters. Though Sandra still regularly speaks to and coaches parents, her 10 Keys to Unconditional Commitment can heal strained relationships in families, business, and beyond.



Inspire, Empower, and Ignite Your Audience!
Call or Email to book Sandra today
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