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Linda Allen and Allyn Evans

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*About Linda—*

On behalf of Oklahoma State University, I would like to extend my sincerest appreciation to you for delivering the seminar “Cultural Sensitivity.” Judging from the comments we received, you definitely had a very positive impact on your audience!

—Sandy Barth, Manager, Staff Development, Oklahoma State University

*About Allyn—*

Thanks for a wonderful job! Your presentation was entertaining and heartwarming. We can’t wait to have you back!

—Jennifer Stuart, Stillwater Chamber of Commerce

**Linda Allen & Allyn Mitchell Evans**  
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## About the Authors and Speakers



**Linda Allen** is a teacher, trainer, and writer. Allen has presented cultural awareness programs to government, university, and private business clients. She has planned events and itineraries and hosted delegations from India, Mexico, China, CIS countries, Japan, Brazil, and Argentina. Allen has developed cross-cultural training and intensive language programs for middle school through continuing education levels.

Allen is author of more than 50 published magazine articles, essays, and books. She has received honors from the Society for Professional Journalists and *Writer's Digest*. Her book *Decking the Halls – The Traditions and Folklore of Christmas Plants* was a finalist for the 2001 Benjamin Franklin Award for history. In 2005, Allen self-published a companion book, *Menagerie at the Manger*. Both books have received acclaim as gift and reference books for Christmas services and programs.

**Degrees: MS in Curriculum and Instructional Development;  
BA in Foreign Language/Spanish**



**Allyn Evans** is founder of [QueenPower.com](http://QueenPower.com), an on-line community for women, and author of *Grab the Queen Power: Live Your Best Life!* and *Beyond Ophelia: Learning How to Live Happily Ever After With Your Daughter Today*. A Competent Toastmaster and Regional/District Tall Tale Competition Winner, Evans entertains and informs audiences while challenging individuals to “live their best lives.”

Evans’ work centers on her desire to help other women meet the challenges of successful living.

**Degrees: MBA and BA in Psychology**

Moderator of audio series for writers ([DDP](#))

Author of ebook: *Catch Your Dream: And Live It!*

Director of Speakers’ Bureau, Authors’ Coalition

*Grab the Queen Power* selected as a Top Ten Read on MyShelf.com. Featured in January 2007.

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## Presentation and Appearances

Partial Listing

### Allen's Presentations & Appearances

**Encyclomedia** | "What to Do When No One Looks or Talks Like You" – Oklahoma City, OK and "Sharing Our Planet" – Oklahoma City, OK

**Stillwater Chamber of Commerce** | "Body Language: Your Second Language" – Stillwater, OK

**Cultural Training** | Oklahoma State University – HR Departments, Stillwater Tulsa, and Okmulgee campuses; Colvin Center – Stillwater campus; OSU College of Education – Stillwater campus (4 presentations); Stillwater Public Schools – teacher in-service training

**Stillwater Public Schools** | Keynote: "Sharing Our Planet"

**Holiday programs** | "Christmas Legends and Lore," Tulsa and Oklahoma City Garden Clubs (3 programs); Oklahoma City Christian Women's Club; Edmond Presbyterian Church Women; United Methodist Women – Stillwater and Lawton Districts; OSU Lahoma Club; Oklahoma County Library System (7 programs); Stillwater Public Library

**Read About It** | TV program hosted by BJ Williams, Oklahoma City, OK

**The Morning Edition** | TV program hosted by Cristy Morrison, Stillwater, OK (4 appearances)

**Book signings** | Hastings, Stillwater (5 appearances); Best of Books, Edmond (5 appearances); Brace Books, Ponca City; Full Circle Books, Oklahoma City



### Evans' Presentations and Appearances

**Book Festival** | Books n' Blues Festival

**Time for Women Conference** | Lubbock, TX Civic Center

**Presentation** | Featured speaker for Arbonne Consultants, Lubbock, TX

**Book signing** | Hastings, Stillwater, OK (2 appearances)

**OK Technology Centers** | Speaker, Girl Tech, Stillwater, Fort Cobb, Norman, OK

**Junior Miss Program** | Featured speaker at ceremony, Stillwater, OK

**Stillwater Chamber of Commerce** | Keynote, Stillwater, OK

**Perry Writers' Group** | Featured speaker, Perry, OK

**Domestic Violence Support Groups** | Guest speaker (2 appearances)

**Moderator** | Double Dragon Publishing, under contract for new series

**WAHM Internet Talk Radio** | "Work-At-Home Moms," (2 appearances)

**The Jane Prince Jones Show** | KFYO News Talk 790 AM, Lubbock, TX (2 appearances and invited to co-host with Jane at *Time for Women* event)

**Jim Gregory Show** | WCLD/Cleveland, MS

**The GardenMama Show** | SuperTalkMS/WFMN-93.7 FM

**Stillwater Channel 31** | Featured author, Morning Edition (2 appearances)

**Read About It** | TV program hosted by BJ Williams, Oklahoma City

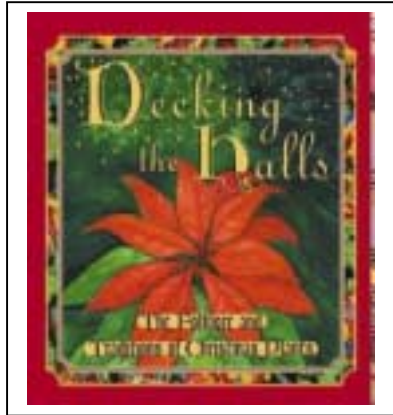
**By For And About Women** | Talk Radio, Edie Galley

**Real Good News TV** | TV program hosted by Jan Brown

**Internet Voice Radio** | Featured Guest, Janet Elaine Smith show

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## Praise and Testimonials



*For Linda—*

Your program, *Christmas Legends and Lore*, was a wonderful presentation, and your book (*Decking the Halls*) is fascinating!  
—Barbara Barnes, Tulsa City-County Library System

Thank you for sharing your books with us at the Lahoma luncheon. What a perfect topic with lots of cool (and new to us) information about Christmas plants and animals. We all enjoyed and learned a lot from your engaging presentation!  
—OSU Lahoma Club

Linda Allen's narrative is thoroughly researched and told with the simple authority of a natural storyteller. Allen's *Menagerie at the Manger* will enthrall any reader who wants a glimpse into the mystery of the night when the animals spoke.

—Jeanne Devlin, former editor, *Oklahoma Today Magazine*.



*Menagerie at the Manger* will be a seasonal favorite with family and friends for years to come. As a veterinarian, I am especially pleased that the animals of the Nativity are placed in proper perspective.

—Michael D. Lorentz, Dean of Veterinary Medicine, Oklahoma State University

*For Allyn—*

From beginning to end, I loved "Grab the Queen Power: Live Your Best Life!" It's well written, chock full of provocative ideas, and inspiring.

—Prill Boyle, author of *Defying Gravity: A Celebration of Late Blooming Women*

The students enjoyed your presentation!! Thank you for a great day and for helping our students find their road to success.

—DeAnna, GirlTech Coordinator, Meridian Technology Center

Allyn Evans's *Grab the Queen Power* is full of anecdotes that entertain and wisdom that will make a difference in the lives of women.

—[Carolyn Howard-Johnson](#), award-winning author and Instructor for UCLA Extension's Writers' Program

Thank you for being so delightful and for sharing your time and energy with us.

—Brenda Gill, Domestic Violence Services



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## Available Seminars and Workshops

**Linda Allen and Allyn Evans combined have over four decades of experience teaching and speaking. They have appeared on numerous radio and TV programs. Both speakers enjoy working together, but are also available to do personalized workshops on their subject matter.**

### Suggested Topics:

#### *You Have Met the Enemy and She Is You!*

Oh, she's vicious! She's mean! And she's YOU! Some people call it the "Gremlin," while others refer to it as "Monkey Mind" or "Inner Critic." Your mean voice will remind you of every shortcoming and flaw you could possibly have even if "She" has to make it up! Allen and Evans helps participants to recognize and defeat their inner critics. This presentation includes how to handle fears, recognize the power of others and best practices to help you reach your destination.

#### *Abracadabra: The Spells We Are Under*

We are the only jail keeper. Our beliefs hamper our progress. "I can't do math. I'm a girl." "I must look bad today someone told me I did." "I can't go back to school. I'm too old." Allen and Evans share with audiences how to recognize spells and to debunk outdated beliefs. Using a storytelling approach, both share their personal stories and stories of others.

#### *Finding Happiness When Times Are Tough*

Inspirational and thought provoking, Allen and Evans share traumatic, yet life-altering experiences of others to encourage participants to go after their dreams. The women present five key points with listeners to help them move forward in their lives.

#### *I'd Rather Be Dead*

In survey after survey, the fear of public speaking outranks fear of death, divorce, and dismemberment. Reportedly, over 85% of the population experience anxiety when asked to speak in front of a group. Allen and Evans share their personal stories about how they overcame their own fears and uneasiness. Both will share tips and even a few tricks to help participants reach their public speaking goals.

#### *The Power of People*

Building a network of contacts is key to your success. Networking is much more than exchanging business cards. Allen and Evans provide tried and true methods of building and developing contacts who help you reach your goals. Remember—the shortest distance from point A to point B is not a straight line, but a line forged by others. Not only is the route shorter, it's cheaper, less painful, and filled with support.

#### *Body Language: Your Second Language*

Yes, your actions do speak louder than your words. Communication specialists claim 93% of all communication is nonverbal. Using interactive games and demonstrations, Allen and Evans share how our body language can confuse even the best intentions in business and friendships.

#### *Head to Toes—Who Knows?*

Direct eye contact and a firm handshake are proper greetings and introductions. Not so, in many cultures! Even with the best of intentions our good manners can sometimes be interpreted as rude and insensitive in other cultures. Using demonstrations and practice in an entertaining format, Allen and Evans show how manners and body language change from culture to culture and country to country.

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*Topics Continued...*

*What to Do When No One Looks or Talks Like You*

Cultural diversity in the workplace presents both challenges and opportunities to employers and employees. Allen and Evans provide information on how to bridge cultural communication gaps and create a positive and creative work environment.

*Charming or Alarming—30 Seconds to Make a First Impression*

Studies show that snap judgments are made within the first 30 seconds of meeting. Your first impression is often your last impression—charming or alarming. Allen and Evans demonstrate how appearance, body language, and communication skills can help make your first impression a positive one.

*Culture, Courtesy, and Etiquette*

Taking flowers to your host or hostess is a great way to express thanks for hospitality. But, be careful about the type, color, and even number of blossoms in the arrangement. All can have special meanings in other cultures that may be misinterpreted. What is considered standard courtesy and etiquette for one culture can be offensive in another. Learn the do's and don'ts of entertaining culturally diverse guests or traveling to another country.

**Workshops are also available.**

Linda and Allyn will tailor presentations to meet the needs of your audience.

## **Top 10 Tips for the Culturally Aware Traveler**

1. If you don't know the language of the country, learn a few phrases in the language including how to introduce yourself, greetings, farewells, and basic courtesies such as "Please," "Thank you," and "Excuse me."
2. Know the proper greetings.
3. Become familiar with the dress code and weather in the country so that you pack the proper clothes and dress appropriately for your activities.
4. Familiarize yourself with any religious taboos.
5. Know what kind of gift is appropriate, when, and to whom to give it.
6. Learn about punctuality in keeping both business and social engagements.
7. If you don't know the proper dining etiquette, follow the lead of your host.
8. Be aware of differences in body language and its meanings. Your best intentions can often be misunderstood.
9. Be a good ambassador for your country - and your company if it is a business trip. Avoid negative or derogatory comments about the country, its government, or the people.
10. Take the time to learn basic information about the country. There are many excellent resources that are quick-reads to help you become familiar with history, traditions, and current events.

## **Passports & Safety**

- Make sure your passport is current. New regulations apply starting January 1, 2007. If you don't have a passport, allow at least 6 weeks from application to receipt.
- Be aware of any health or safety alerts in the country of destination. Make sure your vaccinations are current and all prescription medicine is properly labeled.

## Tips For Aspiring Queens

### A Queen Understands SHE is Her Greatest Potential

As explained by Allyn Evans in *Grab the Queen Power: Live Your Best Life!* “Our biggest challenge is coming to terms with our greatness. For whatever reason, we have forgotten that to *be* is powerful.” According to the *Course in Miracles*, the biggest challenge to overcome is the belief that the “cause of one’s problems is ‘out there.’” The key is understanding that nothing external to us can make us happy or not or that “love is not something that is given or taken away by another, but instead is created within.”

Here are Allyn’s tips for reaching your highest potential:

- 1. Create your own ‘That’s What Queens Are For’ Queen Team.** I highly recommend that you establish a ‘social’ Queen Team, a group for ‘fun.’ In today’s world, where people relocate often, and we are in our cars more than we are on our sofas, it’s easy to get ‘dislocated.’ Gathering with a group of women to have fun—laugh, play and giggle—is the way to open yourself to new and exciting possibilities. Developing friends from work or other activities takes time. One friend who moved a lot in her early adulthood said she discovered it took at least two years to establish intimate friendships, and seemed to take longer the older she got. Like everything else, you can speed up a time frame if you add a little structure. That’s your Queen Team. You don’t even have to wear your tiara, though my group has, and we weren’t the only ones who ended up having a good time. The combined energy of good friends is contagious. If you don’t have a Queen group now, try it. If you do, drop in our Queen forums, and tell us about it. Your social group needs to be comprised of women living in your geographical area. You need these Queens so close to you that you can hug them on a regular basis!
- 2. Stop the Mean Voice.** Your thoughts create your reality. It really, really is true. If you call yourself stupid, you will meet people who will assist you in believing it. If you think of yourself as willing and capable of learning new things, you will find you are using and increasing the talents you were born with, and that people step forward to give you many opportunities to do so.
- 3. Declare your Intent.** Prepare to listen and act on inner promptings. We’re often so closed off from our directives that we either don’t hear them or completely miss them altogether. To make lasting change, you must make a declaration. By doing so, you are accessing the power of intuition. But, before you do, it is vitally important that you understand with this commitment comes the duty to act. Simply asking to ‘hear’ more clearly doesn’t alter your current situation. It’s the acting on the inner promptings that change the course of your life.
- 4. Forgive Others for all the Real and Imagined Transgressions Against You.** Holding on to grudges, seeking revenge or stuffing down anger only makes you sad. A Queen will never find the peace and joy she seeks if she hangs on to the injury caused unintentionally or purposefully by others. Truly, it is all about “letting go and letting God.” It’s a matter of surrendering the ‘accusatory’ stance and ultimately allowing those feelings to float away.
- 5. Treat Yourself Like a Queen.** Many women go the other direction and think any need to take something for themselves is an indication that they are self-absorbed. Sneaking away for two hours to nap, read or to be alone would fill some women with a tremendous sense of guilt. *Oh, I really shouldn’t have done that. Selfish, selfish, selfish.* Always remember you are a Queen and turn to your intuition for help, you can design your own life so your energy is used to its best advantage.

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**6. Dream Big, But Take Small Steps.** Once you give yourself permission to dream big, your tucked away imaginings will start emerging. You'll hear whispers. Before you know it, a picture will appear. At some point, you will know the direction you *must* go. Turns out it was always the way you needed to go, but since you completely missed it till now, you stumbled. Eventually, you will know where the road is, how to find it and where it will take you. Finding it, you'll start moving closer. One day you'll wake up and realize you are there. One day you'll understand that happiness, joy and peace have always been your right. And it's now yours to share.

**7. Focus, Focus, Focus.** Once you start to focus on your path and daily strive towards something that provides meaning to you, you will wonder what took you so long. For me, even on the supposedly bad days when nothing goes right, all is *right* in my world because I'm doing what I am here to do. That's it. A joy that previously eluded me surrounds me, and keeps me grounded even when my external world seems crazy.

**8. Assume Your Queen Power.** "Grab the Queen Power." I am saying it constantly, reminding myself and others to remember where the power resides, so you, and I, can live our best life. Truth be told, there's really nothing to grab. It's more like "grow your Queen Power." Once you start living more queenly (basically that means authentically), your power will slowly emerge and begin filling you with light. One day you will awake and find yourself bathed in the glow of personal power. In that moment, you will know that you are truly on your way. You will know from heart to mind that you are where you are supposed to be and doing what you were placed on this earth to do. It's that simple. Of course, that doesn't mean it's necessarily easy.

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Excerpted from *Grab the Queen Power: Live Your Best Life* by Allyn Evans.