

# YOUR WISE AND COURAGEOUS HEART *IN ACTION*

## Igniting Deep Renewal With The Power of Poetry and Story

Presentations by Dale Biron

*What a robust people, what a nation of thinkers we might be, if we would only lay ourselves on the shelf occasionally and renew our edges!* – Mark Twain

Bette Davis famously said, “*Old age ain’t no place for sissies.*” But even youth is no picnic if we’re feeling stressed, frazzled and weary. What we yearn for, no matter what age we are is feeling more centered, connected and calm in our lives. Of course, this requires that we have fast and effective ways to reconnect to our most wise and courageous selves.

Fortunately there are simple and effective tools for deep renewal. These unique, practical and accessible tools of poetry and story can build a sturdy bridge over rough and stormy waters back to our authentic, powerful, and resilient core– as well as to others and other.

This **down-to-earth** presentation is filled with attitude-renewing, perspective-shifting, soul-stirring stories and poems. In Dale’s workshop formats, participants will enjoy experiential exercises. All participants will receive practical and powerful language used in fresh new ways, designed to keep our wise, courageous hearts more fully in the game and our actions in the world smart, focused and sustained.

### Praise for Dale:

- *“Dale’s presentation was stimulating, funny and profound.”*
- *“Poetry is important in everyone’s busy lives. It makes us think, feel, find comfort, be exhilarated, and respond to the words of poets. It balances life.”*
- *“Dale Biron is a truly gifted instructor.”*
- *“I would recommend any workshop taught by Dale!”*
- *“I was enthralled with Dale’s ability to teach the spiritual messages in poetry.”*
- *“Dale’s presentations are happy, spiritual and uplifting.”*
- *“Your choice of poems and your reading enriched my workshop experience, opened my mind, touched my spirit and fed my soul.”*

### Dale Biron - Bio

#### Poet, Speaker, Coach (San Francisco Bay Area, CA USA)

Dale Biron has an unwavering belief in the practical power of language to delight, grow and inspire us all. He believes great poems are simply teaching stories without the boring parts. Stories that invite us to connect with what is most essential and powerful inside our selves, others and other. Dale has presented to thousands throughout the USA, including [TEDx Marin](#) in 2013. He teaches in the Osher Lifelong Learning Program at Dominican University. He is past poetry editor of ANG\*L and a former board member for The Marin Poetry Center. He lives with his wife in the San Francisco, CA Bay Area. One part poet-storyteller, one part executive coach and citizen philosopher, one part Aikido black belt... there is no one with a background, perspective and passion for poetry quite like Dale.



Additional details at [www.dalebiron.com](http://www.dalebiron.com) / [dale@dalebiron.com](mailto:dale@dalebiron.com) / 415.381.2858  
Available as Keynote Speech, ½ Day or Full Day Workshops or Customized Retreats