



## Denise Alley

Motivational Speaker - Performer  
Staff Development Trainer - Author

Otoe-Missouria, Cherokee, Shawnee

*Serving Indian Country for 21 years*

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- Upcoming "PeaceRock Concert 11-11-11"
- Peaceful Living Tips for People on the Go
- WIA Training With a Special FREE Book offer + FREE Personal Coaching Session
- Native Heart Workshop (for Staff Development Training)
- A little bit about "Native Heart" book
- Get a copy now!
- More Workshop Topics available

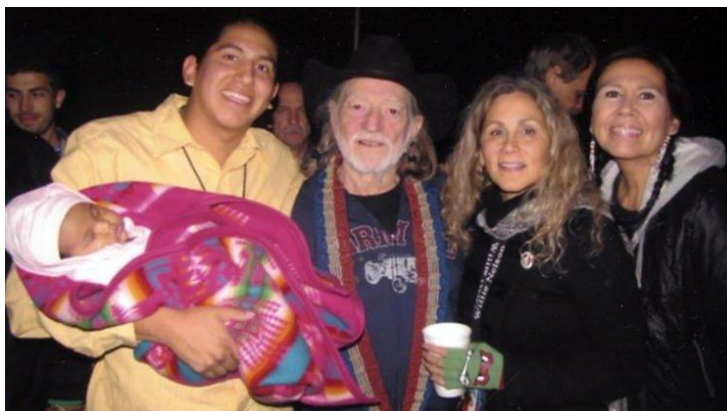
### NEXT Issue, look for:

- Bridge School Benefit Concert with Neil Young, Dave Matthews, and Diana Krall!
  - "The Give-Away Workshop"
  - and more "Peaceful Living Tips!"
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## FARM AID

### O-Si-Yo! Greetings!

I just returned from performing at the annual Farm Aid benefit concert held at the Livestrong Sporting Park, in Kansas City! Over 25,000 attended the concert this year to raise money for the family farmer.



Denise's son: Ben with baby Amaya, Willie, wife: Anne, and Denise Backstage at Farm Aid 2010 in Milwaukee

Although this picture was taken last year, you can clearly see my granddaughter Amaya was sleeping peacefully backstage.



Wisdom Indian Dancers on stage with Willie during opening for Farm Aid. Denise is to the right of Willie in white buckskin performing the Lord's prayer in Indian sign language as Willie Nelson sings it.

As the Wisdom Indian Dancers (started by my father, the late, Dennis Alley) we have participated in the benefit concert for the past 22 years. My father adopted Willie as a Indian brother back in 1980, inwhich they shared a friendship and brotherhood that lasted close to 30 years. Willie said during the opening, "These are the Wisdom Indian dancers joining us again this year...and we sure miss Dennis!"



Denise speaking on stage during opening of Farm Aid in Kansas City August 13, 2011

This year, we added a new addition on stage at Farm Aid, my granddaughter Amaya! She didn't quite dance, but was held proudly to carry on the legacy (started by my father Dennis) to support the family farmer and open up the concert.



Denise's nephew, Marine David Mead, son, Ben holding his

daughter Amaya on stage in Kansas City

This year looking a little up in years, Willie Nelson sang a new song, that perhaps reflects a little of his thoughts, "*When I die, just roll me up and smoke me!*" It was a lively little ditty during the grand finale. The next photo perhaps gives you a backstage view of our back sides!



Wisdom Indian dancers join the rest of the artists performing during the grand finale on stage with Willie Nelson, at the close of 2011 concert in Kansas City

Last year in 2010, Farm Aid granted \$173,000 to family farm groups to keep family farmers on their land and to strengthen local and sustainable agriculture, and additional \$22,000 to support agricultural scholarships for college students. You can view [www.farmaid.org](http://www.farmaid.org) or call 1-800-FARM AID to make a contribution.

*Here is just a little bit of my world, that I am happy to share with you!*

Upcoming "Peace Rock Concert" 11-11-11

**The Peace Concert**



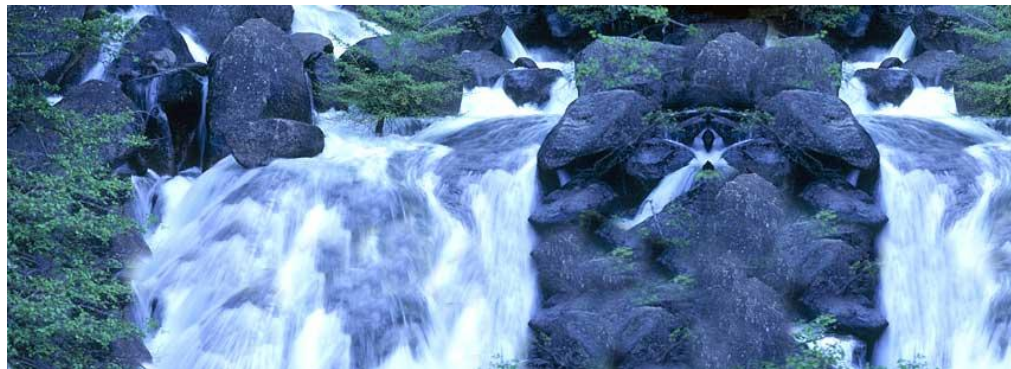
### **PEACEROCK is:**

- \* Live at The Greek Theatre in Hollywood, California 11-11-11.
- \* A global peace initiative and platform designed to unify people and organizations.
- \* A live music experience where renowned musical acts will perform for peace.
- \* In between musical acts, spiritual masters, world leaders, orators, and artists will offer their vision, prayer, or ceremony for peace.
- \* All events on 11/11/11 connected to The Peace Concert will be broadcast via television satellite and webcast.

### **YOU ARE INVITED TO PARTICIPATE:**

The Wisdom Indian Dancers and I will be performing at this event, and we would love to invite you to participate by having your own "PEACE CEREMONY" wherever you live on this day, video it, and send it in. There will be a documentary made of this event for later distribution and we would love to have you participate to share of your spirit and prayer for peace globally. Go to: [www.thepeaceconcert.org](http://www.thepeaceconcert.org) for more information, or you are welcome to email me at [denisealley@msn.com](mailto:denisealley@msn.com) with any questions (please put Peace Rock Concert in subject line).

**"Peaceful Living Tips" For People on the Go!**



### **Three PEACEFUL LIVING and Relaxation Tips:**

#### **1. Stop and walk outside and take a look at your surroundings and allow nature to nurture you.**

The first principle of "The Seven Keys to Peace and Gratitude" is: *Respect the earth and all living things. Everything has a spirit.* As simple as this sounds, I sometimes tend to get busy with life and get caught up in major multi-tasking. Maybe you are like me, and keep juggling everything on my "to do" list until it's all done. I push until I am exhausted. One day, I was laboring at my computer and I stopped for a moment to let out a big sigh. I heard my inner heart say, "Stop, go outside." I walked out to my front yard, and found a pretty butterfly circling my front yard. Wow, what an awesome reminder to just be light and in the moment! I took a break, to enjoy the sunshine and blue sky, and I immediately felt renewed and nurtured.

#### **2. Listen to the sound of water, or go to a lake in your area to renew your body and spirit.**

Recently, I was doing some research at my local library and as I was walking in, I heard the sound of a refreshing water fountain. What a pleasant surprise! I had never really noticed a water fountain out front before. It automatically soothed my body and spirit. The sound of water splashing inspired me so much, that I went out and bought a small water fountain to put in my living room. Just the sound of water has made all the difference in my home. Not to mention, the Feng Shui, of opening up the energy in my space.

Based on the traditions of the Chinese, everything interacts through five Feng Shui elements of fire, wood, metal, earth, and water. Each of the elements have their own characteristics that enhance the energy within your space. My Cherokee grandmother Mamie Alice, always said that the water and elements had a spirit, and you must honor it.

#### **3. Stop, relax, breathe, and take a moment to think of what you are grateful right now.**

As a little girl, listening to my grandpa Buck pray and express gratitude to the Creator for the water, air, mother earth, and all living things, instilled a deep knowingness within me that nature is a blessing and can nurture us. So, the next time you are in the middle of a big project, on the computer, or coming home from work, don't forget to stop, relax, breathe, and take a moment to think of what you are thankful in the moment. We are all busy people on the go, so remember to maybe walk outside barefoot, and be in nature. Go to a park. Take a day trip to the mountains or lake. It will refresh and renew your spirit. Living with peace and gratitude, is a journey. Here are just a few tips from my book. May you continue to be blessed in all that you do!

Wado!

Denise Alley

**WIA Training With a Special FREE BOOK Offer AND Follow-up Personal Coaching Session for each participant!**

**"READY for a Fantastic WIA Training Experience?"**

- \* You don't have to send your clients out!
- \* I come to you, so you don't have to travel!
- \* I can save you money by offering, group rates!
- \* You will see Improvement in productivity and morale!

**PLUS, I am offering a SPECIAL to every organization who books a workshop between Oct 15 - December 30, 2011, each participant will receive a FREE spiral bound copy (\$15.00 Value) of my new book, "Native Heart: The Seven Keys to Peace and Gratitude In Your Life!" AND I am offering my personal coaching (2 sessions) to each participant! That's right, at no extra cost to you!**

Yes, it's TIME to either...

- Schedule a WORKSHOP for you and your staff now!
- Share this information with your boss!
- Forward this email to a colleague or another organization!

Why?

- \* It's time to get a way for a day!
- \* You and your clients can re-charge!
- \* Re-focus on mission-vision-goals and getting a job!
- \* Targeted focus gets results!

**Bonus to Decision Makers:**

- \* Schedule a workshop between October 15 - December 30, 2011 and each participant will receive a FREE copy of Denise's New Book, "Native Heart!"
- \* Group rate available! Call (480) 926-4561 now!

Now is the perfect time to re-group, re-charge and re-focus on what is important, in getting training for better job performance for your clients!

There is great power in coming together, and I am honored to have met a lot of you who serve in Native communities. I have been part of the National and Employment conference the last couple of years with CIMC, so if I haven't met you personally, I look forward to rubbing shoulders and being a team player with you as a speaker or in a workshop for your upcoming event!



Denise Alley

**Be sure and take advantage of my FREE Book offer AND FREE personal coaching session for each participant for booking your workshop now!** And best to you in your work with our Native people!

Wado!

*Denise Alley*

## WORKFORCE DEVELOPMENT WORKSHOP

**"Soar Above the Crowd...like an Eagle and  
Don't Quack Like a Duck on the ground"**

**Target Audience:**

Youth and adults on summer job assignments and/or seeking employment. This 2-3 day workshop is designed to increase JOB READINESS, SELF-RELIANCE, PERSONAL DEVELOPMENT, and MOTIVATION to expand personal vision for a brighter future! This powerful, dynamic workshop is ready to be brought to you on-site!

"Did you know it only takes 20 seconds to activate a thought? What are your clients thinking?"

*"I can't get a job! No one will hire me.  
There are no jobs!"*

OR

*"I know I deserve a job! Thank you for opportunities now!  
Thank you for my great job!"*

"Do they know that  
Thoughts become things...and they can choose good  
ones?"

### **Benefits include -**

#### **Your Clients will:**

- \* Become more aware of thoughts! (If they choose the negative, they can choose again!)
- \* Focus on the Positive! Increase MOTIVATION!
- \* Experience simple, yet powerful techniques to over come Limiting Beliefs - and be open to more possibilities!
- \* Know their personality strengths on the Job!
- \* Be prepared for the Job Interview with Confidence!
- \* Receive two personal coaching sessions

#### **Topics Include:**

#### **Building Confidence, Motivation, & Empowerment Skills**

- \* The Power of Positive Thinking - Overcoming limited Beliefs - Open Your Mind to Possibilities
- \* Your Personality Strengths on the Job
- \* Choosing to Focus on the Positive - Get Motivated and Let go of the Negative!
- \* EFT Tapping Technique - Law of Attraction

#### **Work Readiness Skills**

- \* The Application- do's and don'ts
- \* The Resume- key points -Interview Check List
- \* Questions and Role Plays

#### **Workplace Professionalism**

- \* Dress For Success on a Budget
- \* Mini-Fashion Show (clothes are brought in for participants to model)

#### **Now That You Have a Job- Keep it!**

- \* Expectations of Your Employer- Good Customer Service
- \* Taking Personal Responsibility
- \* Values - Intention - Purpose

#### **Money Management (Optional)**

- \* Budget Tips
- \* Hands-on Interactive Budget Activities

### Personal Coaching

- \* Two 20 min once a week per telephone or email.
- \* Goal setting and follow-up to keep motivation going!

### Personal Empowerment

- \* The Seven Keys to Peace and Gratitude
- \* Setting Intention for your life
- \* Goals and Assignments

## Native Heart Workshop (for Staff Development Training)

### **Native Heart: Living and Serving With Peace and Gratitude**

**Customer Service -  
Workplace Wellness  
Professional Development  
Workshop**



**This one-two day workshop  
is designed to:  
INSPIRE the heart and  
mind,  
REFRESH the Spirit,  
Relieve STRESS,  
Re-FOCUS on goals and mission,  
Keep your ENERGY-UP to accomplish tasks,  
and REJUVENATE the "heart"  
to enhance SERVICE to people in your community!**

**Designed for:  
Directors, Managers, Supervisors, and Staff, or anyone  
desiring to enhance productivity for both personal and  
professional development.**

### **You Will Experience and Learn:**

*(Topics to choose from)*

- |                                |  |
|--------------------------------|--|
| *Your Personality Strengths    | *Simple Techniques to Let Go of Negativity |
| *The Power of Thoughts & Focus | *Energy Techniques for Great Productivity  |
| *Motivation for Work           | *The Three Secrets to Excellent            |

Service

\*Stress Management Tips  
Gratitude

\*Building Team Spirit

\*The Seven Keys to Peace and

\*Enhancing Workplace Wellness

**Note: This workshop can be tailored to fit your staff needs, and can be brought ON-SITE! One or Two day sessions can be scheduled.**

***Other topics are available.***

#### **COMMENTS from past participants:**

- "My enthusiasm for my work has been renewed. This workshop was extremely valuable for getting me refocused."

Health Care Physician M.D., Miccosukee  
Health Clinic

- "Thank-you for providing an interesting and much needed workshop for our division. Your wisdom has enlightened and encouraged me to better myself for others."

Jackie Siquieros, Employee, Tohono  
O'Odham Nation

### A little bit about "Native Heart" Book

*Native Heart* is a journey into your deepest foundation. Despite what may be going on around you, getting out of your mind and opening your heart helps you feel connected to your healing spiritual roots. This fresh perspective of Native thinking gives your spirit a boost to live with more peace each day.



In *Native Heart*, you learn invaluable insights to lead you back to the center of spirit, love, nature, and Mother Earth:

- Make each day flow in a way that feels right to you.
- Imagine connecting with people you never thought you could relate to.
- Ways to help you deal with crises in your life.
- Receive strength by standing on the raw dirt of mother earth with gratitude.

*Native Heart* provides accessible ways to renew your spirit. It's an easy read, but its wisdom echoes for a long, long time.

### **Testimonials:**

"Denise weaves a beautiful tapestry of Native wisdom, life stories and powerful insights - to keep our spirit strong in the oftentimes negative world we live in today. This book is a breath of fresh air into anyone's life - read these pages and get lifted!"

D.J. Eagle Bear Vanas, Lakota Motivational Storyteller and Author of *The Tiny Warrior*

"The spirit of this book opened my heart wide open and made my heart sing! Denise has the ability to speak a universal language of love that heals the heart and soul. I invite readers everywhere to share in this woman's journey to reconnect with self, spirit, and Mother Earth."

Renee Siegel, MA, LISAC,  
NCGC-11, LMT, Executive  
Director, ABC Wellness Centre  
Founder Algamus Gambling  
Residential Treatment Centres

"Denise ignites the memory of ancient ceremony; to smell the fire, earth, rain, and feel the resonance of both, female and male energy in the dance of clarity. This book empowers you to embrace your identity as a sacred, divine, spiritual being having the privilege of life on our Mother Earth."

Steven A. Darden, Navajo Motivational Speaker,  
Entrepreneur, and Artist

Get a copy of book NOW!



**For every workshop scheduled between Oct 15- December 30th each participant will receive a copy for FREE!**

**Or if you can't book a workshop you can order**

your BOOK on website: [www.nativestarspeaker.com](http://www.nativestarspeaker.com)

or send **\$20.00** to:

Denise Alley  
P O Box 5634  
Mesa, AZ 85211

**Price:** \$15.00

**Tax + S & H:** \$5.00

More Workshop Topics Available!

**Workshop Topics Offered:**

#### **BUILDING TEAM SPIRIT**

- What makes a good team member?
- Principles and characteristics of team work
- Communication and team building activities

#### **CULTURAL DIVERSITY**

- Honoring diversity in the workplace
- Cultural values and respect for differences
- Cultural sensitivity and coming together in a common vision

#### **CUSTOMER SERVICE BEGINS WITH YOU**

- Soar above the crowd...duck vs. eagle
- The three secrets and principles to excellent customer service
- Service - what's in it for you?

#### **DEVELOPING COMMUNICATION SKILLS THROUGH THE COLORS OF MOTHER EARTH**

- Understanding your personality style and strengths (personality assessment)
- Understanding what motivates you to be your best
- Developing cooperation and communication skills in the workplace

#### **ETHICS IN THE WORKPLACE**

- Ethical Principles
- The Top Seven Rules of Ethics
- Case Studies - Discussion Groups

#### **WORKFORCE DEVELOPMENT**

- Job Readiness Skills - Do's and Don'ts
- Interviewing with confidence
- Dress for success: Fashion Show

#### **KEEPING YOUR COOL WHEN DEALING WITH AN ANGRY CUSTOMER**

- Four easy steps to handle an angry person
- Reducing conflict in the workplace
- Role plays

#### **MOTIVATION - TUNE-UP YOUR ATTITUDE FOR SUCCESS ON THE JOB**

- The power of words and thinking
- The law of attraction - creating and focusing on the positive
- Tapping technique for letting go of the negative and judgment

#### **NATIVE HEART: LIVING AND SERVING FROM THE HEART**

- Seven keys to peace and gratitude in your life
- Native values and spirituality for wellness
- Stories and principles from book

#### **PROFESSIONALISM IN THE WORKPLACE**

- Avoiding gossip - avoiding speaking about others
- Workplace values and taking personal responsibility for actions
- Creating a positive image in dress and communication

#### **TAKING IT BACK TO THE WORKPLACE - MOVING FORWARD IN A POSITIVE DIRECTION**

- Setting Intention -More than Goal Setting
- What Do We Focus on? Developing A Plan of Action
- Renewed Commitment to Self - Workplace- Service in Native Community

#### **TELEPHONE ETIQUETTE**

- Six key points for telephone etiquette

- Creating excellent skills for the phone
- Communicating with confidence and ease

#### **WORKPLACE WELLNESS**

- Stress management - avoiding job burn-out - seven ways for self care
- Self-renewal tips - meditation - visualization
- Breathing and stretching techniques that energize

Note: Topics can be tailored to fit the needs of your staff training, and 3-4 topics can be presented in one training day.

**Call to Schedule a Workshop NOW!**

**CALL TO SCHEDULE A ON-SITE WORKSHOP NOWOR have DENISE ALLEY be a "Speaker at your next event!"**

**Group rate available!**

**Contact Information**  
**phone: (480) 926-4561**

or Email: [denisealley@msn.com](mailto:denisealley@msn.com)

**View website:** [www.nativestarspeaker.com](http://www.nativestarspeaker.com)

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