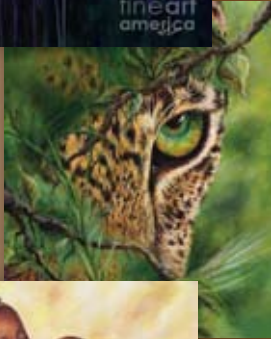




Myra Goldick

Speaker, Storyteller, Author, Professional Artist, Survivor

Myra Goldick, president of Living Through Art, Inc, is an inspirational speaker, author, storyteller, professional artist, and above all... **a survivor.**



At the age of ten, paralyzed by polio, she was told she would never walk again and accepting her limitations was her only option. Devastated by poverty, discrimination and disability during her youth, Myra became a survivor who refused to believe anyone else's negative opinion of her potential. During adolescence, Myra struggled to overcome the devastating effects of polio. She clung to her love for creativity and art. After years of hospitalization, painful rehabilitation, surgeries, isolation, and home schooling, she was awarded a full scholarship to the prestigious Fashion Institute of Technology in New York City.

Through perseverance, faith, and self-creativity she rose above adversity building a successful business career and personal life.

After 20 years, she developed post polio syndrome and retired from the cosmetic industry. With every adversity we endure, Myra acknowledges there is always the beginning of an opposite advantage. She returned to the Fashion Institute of Technology where she earned a degree in Millinery Design. Myra then became a successful designer on 7th in New York for 10 years.

As an inspirational speaker, storyteller and professional artist, Myra's mission is to motivate her audience to search within themselves to develop new and exciting areas of self-creativity. The goal is to increase productivity, lift self-esteem, improve strength, and renew their passion.

Myra reminds listeners that adversity is a part of life that everyone faces regardless of status or background. Myra shares her message with the audience that the key to overcoming the hard times and succeeding beyond ordinary expectations, is to recognize that your own strength is the greatest power of all.

Myra is a member of FSA and serves on the Board of the VSA-Florida, The State Organization on Arts and Disability, and the co-author of *Mastering The Art of Success*

www.myragoldick.com
www.myrasart.com

What They're Saying about **Myra Goldick**

"Thank you so much for your speech at our Annual Dinner. Your keynote will inspire others to give their time and life experiences to others. The Salvation Army could not serve effectively without people like you."

John Corapi,
Director of Development

"Myra, you have been an inspiration to so many in this Rotary District. Your outstanding presentations will be remembered for years to come. Thanks for all you have done."

Harold Friend,
Rotary District Governor

"Myra Goldick is an accomplished figure and landscape painter... a consummate artist."

Miles Laventhall, Professional Artist
Boca Raton School of Art

"Myra's work displays energy and defines creativity – the willingness to take risks."

Becky Sanders, Director,
Boca Raton School of Art

"Myra is as inspirational as the depth of her masterpieces: her art shares the colors of life and the joy of living."

Bonnie Borenstein Rounds MS,
Rehabilitation Counsel, DVR

Courage, Resilience, and Humor in the Face of Adversity

Myra will inspire your audience to:

- ▶ Stop focusing on the negative situations, because you may risk missing a new positive opportunity.
- ▶ Never give up trying, because defeat and failure are not a reality until you believe they are.
- ▶ Have faith in your own strength. It is the greatest power of all.
- ▶ Believe what you embrace will come to fruition. Expect the very best from life.

Most requested programs

▶ Accept What You Cannot Change, but Have the Courage to Change What You Can

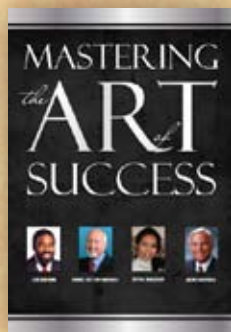
An inspiring story of achievement from someone who has been disabled or has been through challenging times can really change a person's view of his or her own life and situation. Complaining about what you don't have makes it difficult to appreciate what you do have. Sometimes this is all that is needed to get workers moving in a positive direction. An inspirational speaker can help develop positive work attitudes, encourage teamwork, and help audience members reach the goals they have strived to achieve.

▶ Develop an Attitude of Gratitude

Adversity exists in everyone's life to one degree or another. It is almost guaranteed that at some point, most of us struggled with work or personal situations and felt like throwing in the towel. Complaining about what you don't have makes it difficult to appreciate what you do have. If you become defeated and ask "why me" it will become harder to overcome your problems. Learn to laugh and stop taking yourself so seriously.

▶ Emotional Wellness through Creativity

Creativity on any level whether it is visual, literary, performing, scientific or simply creative thinking has the power to lift the emotional spirit, reduce stress, and build self-esteem. Magically an individual who is focused on a creative act is using most of their energy towards achieving something. The result can be amazing and incredibly positive.



Myra Goldick co-author of "Mastering the Art of Success" is a survivor of a life-threatening, life-altering crippling illness, poverty, and discrimination. Through Myra's personal story she illustrates how we can rebound from life's stumbling blocks, opposition, and sometimes tragedy by using our own innate creativity, humor and passion when life requests an unplanned compromise of us.

Myra Inspires people to accept what they cannot change, develop the courage to change what they can, and to recognize the difference between the two. She reminds us that adversity; as well as good fortune, is a part of life, regardless of your status or background. She demonstrates to the audience that the key to overcoming the hard times is to learn to recognize that there is always the possibility of a opposite, positive advantage in every obstacle we encounter.

Myra Goldick

www.myragoldick.com
www.myrasart.com

To schedule Myra For Your Next Event Call 561-429-8268 • Email: myra@myragoldick.com
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