

discovering recovery

A HEALTH AND WELLNESS COMMUNITY



We are all on one team or another. It may be our family, our workplace, or a community endeavour we are participating in. No matter what team you are on, Sylvia Plester-Silk can help you achieve better results. Sylvia comes to her craft naturally. She grew up in a team of siblings. Being the youngest of 14 children, she learned about team dynamics quickly.

As an active member of the Canadian Association of Professional Speakers, Sylvia speaks on a number of topics that will build up your team members and ultimately the team: *Expanding Your Comfort Zone; Recycling Your Spirit; The Power of Gratitude; and, Owning Our True Power-Filled Self.*

A number of years as a registered social worker in the addiction and corrections fields has equipped her to be a skilled change agent. If you want change in your team, she is the one who can facilitate that for you. She is a veteran guest on radio and TV shows, informing the audience just how they can make positive changes in their lives and organizations.

She is down to earth, engaging, and entertaining. Perhaps this testimonial best describes her style and impact.

We enjoyed your relaxed attitude and the entertaining personal stories that you told us. You're an engaging speaker, who speaks with ease and from the heart. We left the meeting feeling uplifted and more accepting of who we are. Thank you for the practical suggestions on how to make positive changes in our own lives.

To learn more about how Sylvia can assist you and your organization email info@discoveringrecovery.com