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### **Dr. Gloria Burgess**

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**FOR IMMEDIATE RELEASE:**

**FATHER'S COURAGE AND FAULKNER'S GIFT OF A COLLEGE EDUCATION  
INSPIRES LIFE LEGACY.** *Author and speaker Dr. Gloria Burgess lives a legacy  
catalyzed by her father's faith and vision and Faulkner's life-changing gift.*

**Seattle, WA. September 1, 2008**— When author William Faulkner offered to pay for Earnest McEwen's college education back in 1953, he likely never fully comprehended the lives this generous gift would influence. Faulkner simply asked Mr. McEwen to pass on the gift to someone else. Author and speaker Dr. Gloria Burgess, Earnest's daughter, was forever impacted by Faulkner's generosity as well as her father's courageous humility. She recounts the story in her best-selling book, *Legacy Living*, and expands on it in *Dare to Wear Your Soul on the Outside*.

Back in the time when racial segregation reigned in our nation, Gloria's African-American father worked as a janitor at the University of Mississippi. As he swept floors, he dreamed of getting a good education of his own. Fueled by the determination to make a better life for his family, he courageously spoke to others about his dream. One day a professor he confided in told the Dean of the University about Gloria's father, who then told William Faulkner. Remarkably, Faulkner not only paid Gloria's father's college expenses, he also made sure that the family had clothes to wear and food to eat. Faulkner's generous gift and friendship allowed Gloria's family to eventually move out of poverty, and out of the South. More importantly, Faulkner's gift chipped away at institutional racism long before integration was mandated. And, as President of Alcorn College's Student Council, Gloria's father also chipped away at institutional racism, contributing to the legacy of what we now call the civil rights movement.

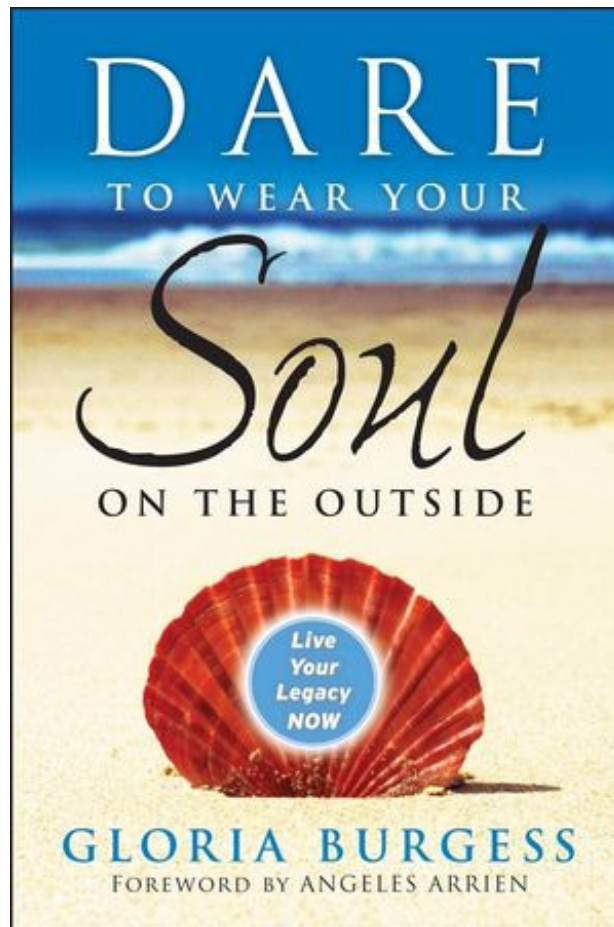
In the course of living the legacy begun by her father, Dr. Gloria Burgess earned five college degrees and authored several inspirational books, including *Legacy Living* and *Dare to Wear Your Soul on the Outside*, as well as three books of poetry. She travels the world speaking to and consulting with diverse organizations, communities, and institutions on leadership, building bridges among cultures, and creative action—all aspects of legacy living. In addition to serving on the faculty of several universities, Gloria is Founder and Executive Director of The Lift Every Voice Foundation, a non-profit dedicated to leadership development for underrepresented youth, and Founder and Principal of Jazz, Inc., her executive coaching and consulting firm. She is currently at work on a dynamic new series of books for young people, based on the themes she explores in *Legacy Living* and *Dare to Wear Your Soul on the Outside*. Burgess declares, "In our busy fast-paced lives, parents and educators can use all the help they can get to instill positive, life-affirming values, such as gratitude, generosity, and integrity, in our children and youth."

For more information on the Faulkner story, Dr. Gloria Burgess, Jazz, Inc., or her books—*Legacy Living* and *Dare to Wear Your Soul on the Outside*, visit [www.gloriaburgess.com](http://www.gloriaburgess.com) or call Gloria Burgess at 206.954.0732.

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Jossey-Bass/Wiley Publishing, Inc. San Francisco, California

### Synopsis

In this inspirational book, Gloria begins with the touching story of her father's life-changing relationship with William Faulkner to explore a classic topic: how to bring forth the character qualities of gratitude, love, wisdom, and integrity to live the life that is waiting just for you. Burgess declares the "sacred promises of legacy living" as part of a transformational process that helps us connect to our life's purpose by honoring those who came before us, living with intention in the present, and freeing our talents so that we can realize our potential.

Then the real adventure begins.

As her life attests, Gloria shows us that life's primary task is not about serving our own ego. It is about being of service to others—in our relationships, family, community, and beyond. *Dare to Wear Your Soul on the Outside* includes valuable, practical exercises for fostering greater authenticity and purpose in our lives, so that we can be powerful instruments for social, political, and cultural transformation.

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## Endorsements for *Dare to Wear Your Soul on the Outside*

*"We all need to be born again to create our true selves.... So read on, let the wisdom of legacy living guide you... and rebirth yourself."*

**Dr. Bernie Siegel, Author, *Love, Magic and Mudpies* and *Love, Medicine and Miracles***

*"Dare to Wear Your Soul on the Outside is an original, powerful, and inspirational work that should be required reading for all serious students and practitioners of leadership."*

**Dr. Warren Bennis, Distinguished Professor of Business at the University of Southern California, Author, *On Becoming a Leader*, Co-author, *Judgment: How Great Leaders Make Winning Calls***

*"Gloria writes with passion, commitment, and insight. I recommend all that she sends into the world."*

**Peter Block, Citizen of Cincinnati, Ohio and Author, *Community: The Structure of Belonging***

*"Dare to Wear Your Soul on the Outside is a courageous demonstration of the possibility of sharing yourself as an instrument to awaken and inspire others. Through inspiring stories, luminous prose, and elegant poetry, Gloria reminds us that every aspect of an often cruel world can spur us to lift our voices in song as a possibility for others, to sing the song of the soul. Gloria shows us that creativity exists in each of us and its expression is essential in building a humane world that works for all."*

**Rosamund Stone Zander, Author, *The Art of Possibility***

*"Most of us intend to live at our highest and best, to contribute much to the world, and to live authentically, but life gets in our way. Gloria Burgess encourages us to push, probe, and delve into our very beings so that we can live our legacy. With prose, poetry, and a series of exercises, Burgess offers her gentle healing skills to a community that needs them desperately. I am excited about this sister, her work, and her book."*

**Dr. Julianne Malveaux, President, Bennett College for Women**

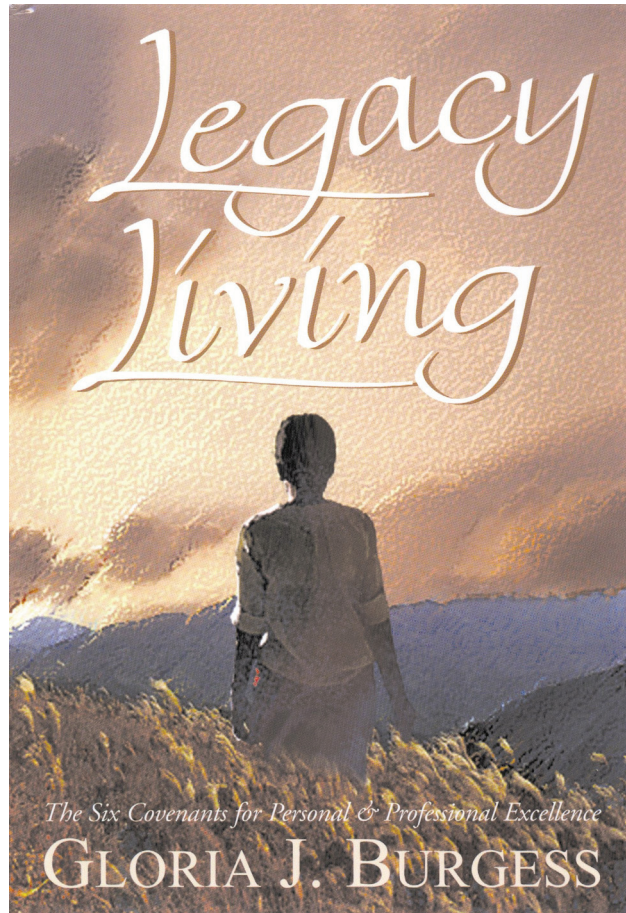
*"If you don't live your legacy now, when will you live it? Gloria helps you do it now! Her work can help you 'shine your light' from the inside out!"*

**Marshall Goldsmith, New York Times best-selling Author, *What Got You Here Won't Get You There***

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**Executive Excellence Publishing, Inc. Provo, Utah**

### **Synopsis**

*Legacy Living* is a sacred promise, a covenant you make to yourself and to future generations. In her stunning new book, Gloria compels us to re-imagine our lives and devote ourselves to what truly matters, not just for ourselves, but as stewards for our children and our children's children.

In the marvelous world of legacy living you will learn how to step boldly and courageously into the life that is waiting just for you. Gloria shows you how to have authority over tomorrow by living with purpose and intention today. You will also learn how to give voice to your deepest longings and, by doing so, leave a shining legacy for generations to come.

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## Endorsements for *Legacy Living*

*"Envisioning our legacy for tomorrow can help us learn how to live today. All leaders need to demonstrate Legacy Living for their employees. Great coaching to help all of us focus on what really matters!"*

**Marshall Goldsmith, Author of *The Leader of the Future*, a Business Week best-seller, World-Renowned Executive Coach, Recognized as one of 50 great thinkers and leaders of the past 80 years**

*"Punctuated throughout with her poignant poetry, Gloria Burgess has written a beautifully elegant, yet practical book to lead you toward personal and professional excellence. She extends an invitation to explore six covenants—or promises—designed to keep you on an inspirational path to a greater vision of who you are and what you can become—all with the gentle guidance and strength of our Creator. I accept her invitation to embark on this inspirational journey and hope you will too."*

**Paul J. Meyer, Founder of Success Motivation Institute, Inc., New York Times Best-Selling Author**

*"This inspirational book demonstrates in practical ways how to cultivate the character qualities of love, faith, trust, wisdom, vision, and integrity in order to unharness the unlimited creativity and resourcefulness found in the human spirit. Gloria Burgess provides an invaluable guidebook for any profession, age group, or individual."*

**Angeles Arrien, Ph.D., Author, *The Second Half of Life* and *The Four-Fold Way***

*"I have had the honor over the years to become a colleague of Gloria Burgess. I have come to know her as a living, breathing testimony on how to live an authentic life. She is a life model for integrity, how to live with a strong sense of purpose as she teaches us how to honor our creative self. Her presence is a gift to the planet. Gloria's own legacy is that she has made a tremendous difference in many people's lives."*

**John Oleson, M.A., Life and Career Coach**

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## Dr. Gloria Burgess Bio



Kevin Ray Smith

**Dr. Gloria Burgess** loves nothing more than inspiring others to create a bridge from what was, and what is, to what can be . . . and she's dedicated her entire life to doing just that.

An author, speaker, executive coach, and consultant who engages individuals and organizations in the process of finding the vital core of their creative self, Gloria weaves together her own personal legacy using the threads of authenticity, creativity, soulful living, and cultural inclusivity.

Described by many as “. . . a pleasing fragrance of a person who cares deeply and loves all the threads of her life,” Gloria Burgess is a human loom who synthesizes every aspect of her life and work to benefit others in the most extraordinary way.

Gloria speaks and leads legacy journeys worldwide. Mother, sister, daughter, and wife in a 30+ year legacy-living marriage, Gloria is an award-winning poet, author, director, and performing artist. She is also Founder and Principal of Jazz, Inc., her executive coaching and consulting firm. Gloria has written *Legacy Living* and *Dare to Wear Your Soul on the Outside*, as well as three books of poetry, including *Journey of the Rose* and *The Open Door*. She has also written an inspirational picture book for children of all ages about her father's life-changing relationship with author William Faulkner. She is currently at work on a dynamic new book series for young people based on the themes in *Legacy Living* and *Dare to Wear Your Soul on the Outside*.

Gloria holds a PhD in Performance Studies and an MBA in Organizational Behavior and Information Systems from the University of Southern California. She also has an MA in Applied Behavioral Science from the Leadership Institute at Bastyr University, and an MA in Speech Communication and Theater from the University of Michigan.

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## **Gloria's Legacy Begins . . .**

### **The Story of William Faulkner and Gloria's Father**

The legacy Gloria lives was kindled early on by the true-life example provided by her father and his benefactor, author William Faulkner.

Back in the time when racial segregation reigned in our nation, Gloria's father worked as a janitor at "Ol' Miss"—the University of Mississippi. As he swept floors and emptied the trash, he dreamed of getting a good education of his own. Fueled by the determination to make a better life for his family, he courageously spoke to others about his dream. One day, he spoke to a professor about his burning desire to go to college. That professor told the Dean of Ol' Miss about Gloria's father. The Dean told someone else.

That someone else was William Faulkner.

Faulkner not only paid Gloria's father's college expenses, he also made sure that Gloria, her mother and her sisters had clothes to wear. Faulkner's generous gift and friendship, along with her father's commitment to his dream allowed her family to eventually move out of poverty, and out of the South.

Perhaps more importantly, Faulkner's taking a stand on behalf of Gloria's father was his own personal way of chipping away at institutionalized racism—long before integration was mandated. By the same token, Gloria's father's willingness to be befriended by Faulkner and the courage and humility with which her father received this gift opened doors for everyone in her family. His legacy was his unflagging determination and abiding commitment to his dream of attending college.

Although her father initially declined Faulkner's offer because he didn't see how he could repay him, Faulkner insisted that Gloria's father receive the gift and simply pass the blessing on to someone else along the way. Her father touched the lives of many individuals, encouraging all to attend college and to go after their dreams.

Today, Gloria continues to pass her father's blessing on to others. And in living her legacy, she rejoices in weaving the many threads of her dynamic life into an alluring tapestry and teaches others how to do the same, so that they, too, can live the life that is waiting—just for them.

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## **Dr. Gloria Burgess Vitae**

### **Faculty Appointments**

#### **Assistant Professor, College of Engineering**

University of Washington

Appointed 1988

#### **Affiliate Assistant Professor, College of Engineering**

University of Washington

Appointed 1990

#### **Visiting Faculty, Undergraduate Program**

Bastyr University's Leadership Institute

Appointed 1995

#### **Graduate Faculty & Program Lead, Graduate Program**

Bastyr University's Leadership Institute

Appointed 1995

#### **Graduate Faculty & Program Lead, Corporate Program**

Bastyr University's Leadership Institute

Appointed 1996

#### **Consulting Faculty, Undergraduate & Graduate Programs**

Bastyr University's Leadership Institute

Appointed 1997

#### **Executive Coach to the Dean**

Bastyr University's Leadership Institute

Appointed 1997

#### **Core Faculty**

Leadership Tomorrow

Appointed 1998

#### **Executive Coach to the Dean of Libraries**

University of Washington

Appointed 2000

#### **Consulting Faculty, Program Development**

Leadership Tomorrow

Appointed 1997

#### **Visiting Scholar, Leadership & Spirituality**

Gonzaga University

Invitation 2002

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*Dr. Gloria Burgess Vitae (cont.)*

## **Dr. Gloria Burgess**

### **Faculty Appointments (cont.)**

#### **Core Faculty, Leadership & Management**

Antioch University

Invitation 2002

#### **Faculty, Graduate Program**

Bainbridge Graduate Institute

Appointed 2005

## **Dr. Gloria Burgess**

### **Academic Degrees**

**PhD** University of Southern California, Los Angeles, California, 1980, Performance Studies; Communication; Distinguished Scholar in Theater and Communication

**MBA** University of Southern California, Los Angeles, California, 1986, Organizational Behavior & Design; Information Systems

**MA** Bastyr University's Leadership Institute, Bothell, Washington, 1995, Applied Behavioral Science; Leadership & Consulting

**MA** University of Michigan, Ann Arbor, Michigan, 1977, Communication; English; Distinguished Fellow and Scholar in Direction and Performance

**BGS** University of Michigan, Ann Arbor, Michigan, 1975, Education; Anthropology; English; Speech Communication

## **Dr. Gloria Burgess**

### **Current Professional Assignments and Activities**

**Keynote Speaker.** Presents keynotes for a spectrum of organizations, including corporations, medical centers and other health-care providers, universities, schools, government, and human services, using the power of presence, poetry, music, and story to develop leadership and learning communities, bridge cultures, and support organizations and individuals in bringing their authenticity—what Gloria calls their full voices—to relationships, work, and community.

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*Dr. Gloria Burgess Vitae (cont.)*

## **Dr. Gloria Burgess**

### **Current Professional Assignments and Activities (cont.)**

**Author.** Writes inspirational books and articles on leadership, creativity, spiritual integration, and personal development.

**Poet.** Writes poetry on universal themes of family, love, gratitude, integrity, legacy, and honoring ancestral and cultural foundations.

**Performing Artist and Community Leader.** Leads workshops and presents performances for a spectrum of organizations, including corporations, medical centers, universities, schools, government, service, and community, using the power of presence, poetry, music, and story to develop leadership and learning communities, bridge cultures, and support individuals in bringing their full voices to relationships, work, and community.

**Principal – Jazz, Inc.** Presents keynotes and provides consulting and executive coaching on leadership, creative genius, and creating spirited intercultural organizations.

**Consulting Artist.** Provides mastery level performance, expert demonstration, advice, and counsel to school administrators, teachers, and students on arts infusion and integration. Advises and counsels administrators on arts and civic engagement.

**Senior Director – Casey Family Programs.** Leads initiatives for leadership excellence and organizational learning.

**Executive Director – The Lift Every Voice Foundation.** Provides leadership and direction to the Board. Oversees strategic and operational activities of the foundation. Conceived and developed The Lift Every Voice Program, an innovative educational program to develop youth and adult leaders.

**Faculty and Consultant – University of Washington.** Teaches and consults on leadership, spirited work, creative genius, and intercultural intelligence.

**Consulting Faculty – Leadership Tomorrow.** Teaches and consults on leadership, systems thinking, intercultural intelligence, and communication. Consults on experiential learning and curriculum design and development.

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*Dr. Gloria Burgess Vitae (cont.)*

## **Dr. Gloria Burgess**

### **Current Professional Assignments and Activities (cont.)**

**Faculty – Bainbridge Graduate Institute.** Teaches and coaches graduate students in innovative MBA program on creativity and right livelihood.

**Affiliate Faculty – University of Washington.** Teaches leadership, communication, and applied learning strategies.

**Conference Designer and Facilitator.** Designs leadership conferences and leads workshops internationally on authentic leadership and spiritual integration.

**Mentor – University of Washington’s Women in Engineering Program.** Provides advice and counsel to women majoring in science, engineering, and mathematics.

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## Dr. Gloria Burgess

### About Jazz, Inc.

**Dr. Gloria Burgess is the Founder and Principal of Jazz, Inc.,** an executive coaching and consulting firm providing a variety of services to individuals and organizations. A highly regarded expert in the areas of authentic leadership, diversity, and creativity, Gloria brings the fresh air of perspective to corporations and non-profits by helping them access clarity and a new paradigm of discovery.

Vibrant, energetic, and engaged in the moment, Gloria draws from her own life experience when engaging others. Like a master jazz musician, Gloria leads by example, calling forth the unique, inherent talents and strengths of each individual or work group and empowering them to create their own path to success.

Jazz, Inc.'s services are as diverse and multidimensional as the clients we serve.

**Organizational Support Services** include **consulting, keynote speaking, executive coaching,** and **workshops** for corporations and non-profit organizations in the areas of leadership, diversity, creativity, and innovation.

**Personal Development Services** include **executive coaching** in the areas of legacy leadership, career/life transition, creativity and personal growth, and **poetry encounters** designed to inspire and engage others in a deeper awareness of themselves and those around them. Diversity, healing, and renewal are recurring themes in Gloria's poetry.

To learn more about how Gloria can help you or your organization, or to book Gloria for a keynote or workshop, please call us at 206.954.0732.

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## **Dr. Gloria Burgess**

### **Selected Client List**

Adobe Systems Corporation  
Antioch University  
AT&T Corporation  
Bainbridge Graduate Institute  
Bastyr University's Leadership Institute (LIOS)  
The Boeing Company  
Casey Family Programs  
Cingular  
Delta Sigma Theta Sorority, Inc.  
Guiding Lights Network  
Hollyhock Retreat Centre  
Institute of Electrical and Electronics Engineers  
International Coach Federation  
International Society for Technical Communication  
Microsoft Corporation  
MSNBC  
Providence Health Systems  
Providence Hospice of Seattle  
Qwest  
Richard Hugo House  
Robert Wood Johnson Foundation  
Seattle Community College  
Sigma Gamma Rho Sorority, Inc.  
Skagit River Poetry Festival  
South African Embassy, Switzerland  
State of Idaho Department of Child Protective Services  
State of Texas Department of Child Protective Services  
State of Washington Department of Early Childhood Learning  
University of Washington  
Vulcan, Inc.  
Washington State Association of School Business Officials  
Westgate Chapel  
Whidbey Island Writer's Conference  
Women's International Network

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## **Dr. Gloria Burgess**

### **Keynotes & Workshops** *(Potential Interview and Article Topics)*

#### **Legacy Living Topics**

**Legacy Living:** *The Six Covenants for Personal & Professional Excellence*

**Legacy Living:** *Living with Intention & Imagination in the Second Half of Life*

**Legacy Living:** *Crafting a Life That Matters*

**Legacy Living:** *Phenomenal Women*

**Legacy Living:** *The Power of Intention*

**Legacy Journey:** *Faulkner's Legacy—Pass It On!*

**Legacy Living:** *Weaving a Life with Heart & Soul*

#### **Legacy Leadership Topics**

**Legacy Leadership:** *Leading with Verve as a Leader of Color*

**Legacy Leadership:** *Innovation in Child Welfare*

**Legacy Leadership:** *Integrating Heart & Spirit*

**Legacy Leadership:** *Leading with Artistry*

**Legacy Leadership:** *Community Matters*

#### **Specialized Legacy Topics**

**Legacy:** *How Art Matters*

**Legacy Journey:** *Legacy Living for Educators*

**Legacy of the Heart:** *Creating Your Memory Book*

**Legacy Coaching:** *Co-creating a Covenant with the Future*

**Legacy Giving:** *Creating a Covenant with the Future*

**Legacy Giving:** *Creating a Covenant for the Sake of Our Children*

#### **Other Keynotes & Workshops**

*Spirit at Work*

*Encouraging the Heart*

*Enabling Others to Act*

*Telling Allowed!: The Power of Story to Heal*

*Resilience: Mastering the Crisis of Change*

*Thriving in the Midst of Chaos*

*The Role of Creativity & Spirit in Leadership*

*Lift Every Voice: Bringing Spirit to Work*

*Making Managers into Leaders*

*Leading from Within*

*Get Jazzed! Coaching with Heart & Soul*

*Writing Across the Threshold*

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## **Dr. Gloria Burgess**

### **Speaking Schedule 2007**

#### **Third Place Commons**

Lake Forest Park, Washington

"Coming Together, Building Together"

7th Annual Tribute to Dr. Martin Luther King, Jr.

January 15, 2007

[www.thirdplacecommons.org](http://www.thirdplacecommons.org)

#### **Seattle Center**

Seattle, Washington

"Purpose, Possibility, & Cultivating the Imagination"

2nd Annual Guiding Lights Weekend

January 26-28, 2007

[www.guidinglightsnetwork.com](http://www.guidinglightsnetwork.com)

#### **Providence Hospice**

Everett, Washington

Retreat: Legacy ~ Living & Renewal

February 3, 2007

#### **Women's Business Exchange**

Seattle, Washington

Keynote: Legacy Living

February 8, 2007

[www.wbex.org](http://www.wbex.org)

#### **Whidbey Island Writers' Conference**

Langley, Washington

Writers' Workshop, Panel, Mentoring

March 1 – 3, 2007

[www.writeonwhidbey.org](http://www.writeonwhidbey.org)

#### **Cultural Reconnections**

Nairobi, Kenya

Weaving Cross-Cultural Legacies

March 15 – 29, 2007

#### **Delta Sigma Theta, Inc.**

Los Angeles, California

Keynote: Legacy ~ Serving with Heart & Soul

May 26, 2007

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## **Dr. Gloria Burgess** **Speaking Schedule (cont.)**

### **Providence Health Systems**

Everett, Washington

Keynote: Diversity – Building a Legacy Community

June 5, 2007

### **Hui Ho'olana**

Molokai, Hawaii

Workshop: Legacy of the Heart

June 16 – 22, 2007

[www.huiho.org](http://www.huiho.org)

### **Sound of the Northwest**

Seattle, Washington

20th Anniversary Concert & Cultural Outreach

Guest Conductor: Dr. Ysaye M. Barnwell of Sweet Honey in the Rock

Benaroya Hall

June 23, 2007

### **Women's International Network**

Oslo, Norway

Keynote: Legacy Leadership

September 27 – 29, 2007

[www.winconference.net/main.asp](http://www.winconference.net/main.asp)

### **National Staff and Development Training Association**

Dallas, Texas

Panel: Legacy Leadership ~ For the Sake of Our Children

September 30 – October 3, 2007

### **National Black Child Development Institute**

Chicago, Illinois

Workshop: Legacy Leadership ~ Giving Our Children Wings to Soar

October 21 – 23, 2007

[www.nbcdi.org](http://www.nbcdi.org)

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## **Dr. Gloria Burgess**

### **Media Appearances – Radio, TV, and Other Media**

#### **Radio**

National Public Radio's *All Things Considered*

British Public Radio

KCMS

KSVR

KJLH

InnerLight Internet Radio

WUOM

#### **Television**

Black Entertainment Television (BET)

Viacom's Homage on the Hill: *Honoring Our Mothers*

Viacom's *The Garage Kids*

#### **Film**

*The Heart of Business*

PBS's *Social Responsibility and the Arts*

Experience Arts Camp's *Arts Alive!!*

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## Dr. Gloria Burgess

### Q & A

#### **What inspired you to write *Legacy Living*?**

Each of us leaves a legacy, whether we are conscious of it or not. My book *Legacy Living* shows readers how to be conscious of the legacy they leave.

I wrote this book for two primary reasons: first of all, to inspire others to use their gifts and talents with intention, not merely for themselves but to be of service to others.

Secondly, I wrote the book to honor the legacy my parents passed on to me, which is to inspire others to recognize that we are all indeed sisters and brothers. In today's global village, this is not a luxury; it is a social and moral imperative. I am blessed that my mother and father instilled in me a strong sense of kinship with and responsibility for others. In my family, this way of being was a "given," passed down from generation to generation. It was the very air I breathed. I want to empower others to do the same.

#### **How does *Legacy Living* relate to your earlier books—both your poetry and non-fiction books?**

The themes in all my books are related; they all focus on the essential human values of relationship, caring, belonging, gratitude, love, and legacy. In my poetry and non-fiction work, I explore what I refer to as sacred promises, which relate directly to the specifics of how one lives and how one leaves a legacy.

#### **In the book, you talk about William Faulkner's role in your father's life. How did that affect your career and life path?**

Faulkner and my father taught me to respect our common humanity, regardless of race, culture, gender, or age.

William Faulkner became my father's benefactor and friend, paying for my father to attend college and arranging for his other expenses to be paid with no strings attached. As my father's benefactor, Faulkner simply asked, as payment, that my father take the kindness and "pass it on." To say that Faulkner's role in my father's life was life-changing is an understatement. By touching my father's life, both Faulkner and my father left legacies that have since touched thousands of others—through the reach of my father, my mother, my four sisters, and me. Ultimately, the thousands we've touched will touch tens of thousands, and on it goes.

In accepting Faulkner's kindness, my father taught me humility and an uncommon kind of courage, lessons that I have since come to deeply appreciate and integrate into my own life. My father also passed on the importance of a college education. For my sisters and me it was not a matter of *if* we would attend college, but which one. As a result, I am a passionate, life-long learner. Whenever I have an opportunity, I encourage others to become avid learners, so they can become all that God intends for them to be.

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Though Faulkner's role was significant, even more significant was my parents' role in my life. My father and mother taught me to dream not only for myself but to look beyond and to dream on behalf of others, particularly those who lack the confidence to pursue their dreams.

### **What does legacy mean, and how can legacy living be a benefit for me?**

Most of us think about legacy as something that we leave behind or the story that others remember and tell about us after we die. That's only a small part of what legacy means.

Legacy means to leave an inheritance. Each of us leaves an inheritance through our words and actions each and every day of our lives. Whether you intend to or not, whether you are conscious of it or not, you impact others by your presence, by what you say, by what you do or fail to do. You leave a trace of yourself, a footprint however small or large, of your life here on earth. Every choice you make will contribute to the footprint you make.

*Legacy living* is all about being intentional in how you interact with others, in your relationships, in what matters to you.

*Legacy living* is about being the author of your own story, being the person in charge of your life here and now so that you build a worthy bridge to the future. The benefit of legacy living is that you can live with purpose and intention, choosing the imprint you make on others. By choosing legacy living as a lifestyle, you can influence the future in a positive way.

### **What are the sacred promises and why are they important?**

The sacred promises I explore in my book are *legacy, gratitude, faith, vision, love, integrity, and creative expression*. The sacred promises are spiritual commitments that guide you and keep you on track in your daily life. Ultimately, the sacred promises define who you are and whose you are. The sacred promises are important because they define the quality of your choices in relationships, in your work, and in every other aspect of your life. Most importantly, the sacred promises provide the necessary bridge that irrevocably connects you to the future. Each promise is essential for legacy living. Collectively, they keep you conscious and intentional with your life. They keep you focused on a life of beneficial service.

### **For those who do not have children, how do they create a "shining legacy for our children and our children's children?"**

Wherever your passion is, there you will also find your legacy.

I encounter many people who do not have children, yet they want to make a difference in their small corner of the world and want their lives count for something. These individuals create a legacy for others in the same way that everyone else does. They simply focus on what they care about.

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Because we all have unique gifts, talents, and skills, our options are virtually limitless. Some of us are excellent at encouraging others, so that is how we leave our footprint—that is how we make a difference. Some of us have a passion for gardening, so we create places of beauty for ourselves and others. Some of us focus on the environment, health care, caring for our elders, social justice, or helping others in need.

### **Are there any particular groups for whom the book is targeted?**

*Legacy Living* is a resource for people who are committed to making a positive difference in the lives of others and who are interested in starting with their own personal transformation.

It is a book for people of all ages, all walks of life, and all cultures. The book reaches women and men, youth and elders, and those who work in diverse settings, including health care, education, business, law, technology, and government. I have been blessed to work with people all over the world. The common elements I find in everyone are our humanity and our desire to make the world a little bit better off than we found it.

### **What does spirituality have to do with legacy living?**

Spirituality and legacy living are both about reverence, devotion to a divine force outside of ourselves, devotion to our own growth and development, and devotion to others whom we may never meet or come to know, but who depend on us to make positive, life-affirming choices.

My parents came from families that our culture would call "dirt poor." Even so, my parents and theirs measured wealth not by how much money they had in the bank, but by the depth, breadth, and reach of your spirit. Looking out for, caring for, nurturing, and assisting family, neighbors, and even complete strangers was part of the deal. I was taught that I was a member of a collective, a village where kinship and caring for others was the very soul of community.

We are all connected to one another.

### **What is the connection between creativity and spirituality?**

Both creativity and spirituality express your intimate relationship with God. As human beings, you honor God by expressing your creativity, the outward expression, or manifestation, of your innermost spirit.

I heard Archbishop Desmond Tutu speak recently. He encouraged us to remember that "God is waiting on us; He needs our help." I took that to mean that in my daily life, what I do, what I say, how I think, and how I relate to others matters. As a spiritual commitment, legacy living requires that I choose gratitude, faith, love, and each of the other sacred promises as a lifestyle, that I incorporate them into my way of thinking and behaving every moment of my life.

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### **How do you respond to people who think they are not creative?**

I gently remind people that each one of us is creative. This is not a choice; this is a given. The choice is simply to decide what you will do with your abundant creativity. I encourage people to think about creativity in a way that is meaningful to them.

In our culture, we have segregated creativity, connecting it most often to the arts. The arts are one essential realm of creativity, but it is certainly not the only one. You can be creative in any sphere of your life—gardening, cooking, running, friendship, problem-solving, parenting, counseling, praying, dancing, sewing, administration, journaling, meditating, walking. On a practical, physical level, you engage in a deeply creative act with every breath you take, for with each breath you recreate the cells in your body.

### **What do you mean when you say “Dare to Wear Your Soul on the Outside”?**

Wearing your soul on the outside means being all that God created you to be; it means not hiding out or pretending to be less than who you are. It means claiming authority over your own life, claiming your beauty, magnificence, and power.

Wearing your soul on the outside also means honoring your God-given gifts and talents by being congruent in what you think, feel, and do. It means daring to let your light and brilliance shine through. It means living your life as if someone’s life depended on you, because it does. You never know who’s watching you. You never know who’s counting on you. You never know the ripple effect of your actions.

Life is short. When you let your brilliance shine through, others can catch a glimmer of their brilliance.

### **What kind of follow-ups might be in the works for this book?**

I plan to expand into other products that support this book—products that include an “I Dare You” workbook, journal, and DVD; as well as inspirational card decks, calendars, and other resources and reminders to support you in your journey of wearing your soul on the outside. I plan to create a series of books that delve more deeply into the sacred promises, including books on relationships, family, work, and so on. I also plan to create a weekly or monthly column, focused on the sacred promises for the print media.

### **Where can I find more information about your book and workshop schedules?**

You can find additional information about my *Legacy Living* book on my website: [www.legacy-living.com](http://www.legacy-living.com). You can find more information about my other books, as well as my workshop and speaking schedule on my website: [www.gloriaburgess.com](http://www.gloriaburgess.com).

If you have further questions or would like more information on Jazz, Inc., Gloria’s books, or scheduling a keynote or workshop with Gloria Burgess, please call 206.954.0732.

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## Accolades for Dr. Gloria Burgess

*"I've attended a lot of conferences and inspirational workshops, and I have to say that hearing Gloria speak is a truly electric experience. People are so on the edge of their seats to hear what she will say next that you could hear a pin drop. She is just tremendous—absolutely fascinating. She blends the spiritual with the intellectual in such a way that causes you jump out of your skin and take a look at yourself. It's like instant therapy. After her talk people swarmed all around her and yet she seemed to have room for everyone. As each person left her presence, you could just see that "Ahh!" expression of insight and empowerment on their faces.*

*Beyond her remarkable presentational abilities, I have been so blessed to also know Gloria as a person. Her humility and huge heart cause others to feel instantly comfortable in her space. She really is amazing. Gloria has taught me that no matter what our circumstances or where we live that you can make life into anything you want it to be, with absolutely no constraints. I may not make huge changes where I'm at right now, but I will leave traces of my journey that will leave a path for others to follow. Life is a journey, and Gloria is one of those people who has come into my life and changed it forever. She is a rare and lovely person who I wish I could see all the time."*

— Her Excellency Dr. Konji Sebati  
South African Ambassador to Switzerland

*"I am part of the ICF team here in Australia and made a submission to our member newsletter drawing on Gloria's incredible presentation at the ICFA conference in 2003, Sydney.*

*I realized that I so often think of Gloria's words and yet, apart from a quick chat at the end of the session, I hadn't shared with her what a powerful impact they had on me. And the impact continues. Gloria has become part of my thinking and sensing. In particular, I think regularly of the legacy I am creating; I ask myself whether I am bringing my whole self forward; and I revel in my long stride of spirit.*

*Thank you. Thank you."*

— Natarsha Hearn, Professional Coach  
International Coach Federation (ICF), Australia

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## Accolades for Dr. Gloria Burgess (cont.)

*"In the time I have known Gloria Burgess, I have renewed hope for the collective soul of the work world. In my work at the University of Washington Department of Training and Development, I meet many consultants. I also hear from employees ready to give up, flattened by life and crushing demands. Most people show up for training with one of two attitudes; either it's 'I'm not going to like this' or 'fix me.' Gloria's style cannot be compared to other consultants because she conjures transformation to a road of hope. It's the poetry. The experience burns with the sun of persuasion so people take off their coat of pain and trust the whole of themselves. Gloria leads that.*

*She weaves the group in and out of an exchange of ideas, gets people to write their dreams on a piece of paper, to take 60 seconds to compose a poem before the mind can criticize, then gathers this evidence up in a basket. Something bothering you? Write it down and toss it out. Knowing that we each are our best teacher, Gloria makes no pretense of handing over knowledge. What she does: introduce people to their core, not with smoke and mirrors, but with a reflection of their own vision for themselves. This is teaching."*

— Sally Johnson, University of Washington  
Training and Professional Development

*"Gloria is so gifted at what she does. Her creative energy and talent never cease to astound me, and I have worked with some pretty amazing individuals throughout my career. I am honored to know Gloria and work with her, and we are very fortunate to have her on our team."*

— Gifford Pinchot III, Founder & President  
Bainbridge Graduate Institute

*"Gloria Burgess is a living legacy of what humanity truly can be. She understands the humanity in each of us individually and in the world. We need to listen to Gloria, and to learn from her."*

— Dr. Nancy J. Adler, Professor of International  
Management, McGill University, Montreal, Canada

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