



# Joy Allen

Life Celebrant · Journalist · Community Volunteer

Connect with us  @yourlifetalks  Your Life Talks

E-mail: 2015joyallen@gmail.com Ph: 0407 304 236



## Life's short...so let's talk

Everything in our life, from the everyday to the extraordinary, is a story waiting to be told.

Our life journey encompasses so many experiences. It is a tapestry of milestones and memories that come to mind when we reflect on our lives.

The power of telling your own life story cannot be underestimated, and the empathy that develops through listening to a person's story can only serve us better to truly respect that person as an individual, to be cherished and cared for, connecting the human spirit of a life well lived.

What most people need is a reason or a little bit of encouragement to kick-start these conversations.

In her talk, 'Your Story Matters', Joy shares why she was inspired to join Your Life Talks, with a mission to raise community awareness of the importance of initiating meaningful conversations within families, to recognise our intrinsic need to remember and celebrate our life and achievements.

The innovative Conversation Starter cards, 'Your Life Story' & 'Your Life Wishes' have been embraced by the community as an ideal way to assist families with kick-starting these conversations.

Each of us is a constantly unfolding narrative, and yet so many of us leave our stories untold, our songs unsung. Telling our story is the best medicine on earth for putting us back in touch with our life's purpose.

We all have within us a story to tell, a song yet unsung. Is it time for you to tell your story?

*"Stories have to be told or they die, and when they die we can't remember who we are or why we're here" ...Sue Monk Kidd*



Your Life Talks  
Conversation Starter Cards

## About Joy

As a Life Celebrant and former journalist, Joy loves hearing life stories, yarns and pearls of wisdom, especially from our seniors. "Every conversation is interesting," Joy says. "It's the simple things in life that give us pleasure and I love to open up conversations that form Your Life Story and potentially preserve these yarns for future generations."

Joy was born in central west NSW and is the youngest of 11 children. She has been a community volunteer since high school, involved with the local neighbourhood centre, sporting groups and tourism. Now living in Sydney, Joy volunteers for not-for-profit organisations and community centres as well as large events like Invictus Games and a Bloody Great Night Out. In recent years she was part-time carer for her mother who lived at in her Blue Mountains home until the grand age of 101.