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RECOMMENDED



Self-Assurance in Times of Uncertainty ••

There is difference between self-assurance and confidence. Being self-assured we posses a knowing that commands respect, a calmness, an equanimity that assists us especially in times of uncertainty.

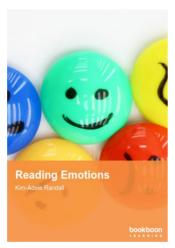
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How to Create a Winning Mindset ••

Learn how to use develop and apply techniques to fortify your mind for daily lessons and victories. The habit of training your mind as a warrior will make you a formidable force of nature.

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Reading Emotions ••

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Accepting Feedback O

Accepting feedback (and knowing what to do with it!) is a key skill to keep progressing in your career. Beth takes you through a simple framework to help you move forward constructively with action.

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Guided Visualisation to Reduce Stress ••

In this episode, Beth Hope guides you through a visualisation to help you let go of any stress that is weighing on your mind, letting you reset, relax and reduce tension.

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