

MEET THE PEOPLE, BUILD THE SKILLS AND GAIN THE CONFIDENCE YOU NEED TO BE SUCCESSFUL AND MAKE A DIFFERENCE

01. How to Respect Yourself & Others
02. Discovering Your Genius
03. Creating a Personal Mission Statement
04. How to be a Good Friend
05. How to Communicate Effectively
06. The Art & Power of Listening
07. Empowering Others
08. Discovering Your Leadership Style
09. How to Practice Leadership
10. Stop Procrastination Now
11. How to Make Wise Decisions
12. How to Start & Lead an Initiative
13. Effectively Set & Achieve Goals
14. Designing a Work/Life Balance
15. How to Effectively Deal with Stress
16. The Power of Teamwork
17. How to Finish What You Start
18. The Truth about Self-Confidence
19. Have a Great Relationship with Your Parents
20. How to Manage Your Time
21. How to Develop A Healthy Self-Image
22. How to Earn Trust & Respect
23. Dealing with Really Hard Things
24. Handling Pressure & Expectations
25. How to Not Burn Out
26. The Power of Focus
27. Being Safe, Smart & Kind Online
28. Dealing with Toxic Relationships
29. How to Apologize
30. The Importance of Tenacity
31. The Benefits of Risk Taking
32. Attitude is Everything
33. Practicing Self-Care
34. Public Speaking
35. The Importance of Healthy Boundaries
36. The Power of Self-Expression
37. Helping Your Parents Understand You
38. Implementing Lessons From Everyday Life
39. The Skills You Need to Succeed
40. How to Define, Design & Live Your Legacy