

**HBA Denver Chapter
April 20, 2019**

Talk Title:

Unleash Your Potential....Expand Your *HOW*

Presentation overview in one short paragraph:

Did you know that your 'how' can sabotage your career? This is being so tied to your expectations, both conscious and more importantly, unconscious, that you can't be flexible, see other's perspectives and come across as a know it all.

Expectations drive everything we do. Unfortunately we are not aware of many of them. In particular, unconscious expectations on *how* something gets done or *how* we should act, can undermine our effectiveness and hold us back from ultimate success. They can limit our potential.

In this talk, you'll learn a few of the ways we keep ourselves chained to our 'how' and what to do about it. In particular, you'll learn:

- The number one thing that keeps you stuck and limits your potential
- A simple equation that opens the flood gates to novel thinking and approaches
- An easy to implement technique to expand your how and unleash your potential.

Come prepared to curiously explore your 'hows' and what they may, or may not be getting you, share in an engaging and supportive dialogue, and leave with a renewed perspective on how to maximize your potential!

Speaker bio:

Yvette is an expert at taking the woo-woo out of airy-fairy concepts (think mindfulness, meditation, gratefulness) simplifying the hard science behind Positive Psychology, anatomy, physiology and biology and melding it all together in understandable plain English and simple to implement practices that have a profound impact on life and success.

Yvette is a Certified Professional Coach, Yoga Teacher, Yoga Therapist and student of Positive Psychology. She is owner of Full Circle Coaching where she helps clients choose to implement new ways of thinking about their lives so that they are 'happy in place.'

Speaker photo:



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