



Product Title: How to Manage Your Emotions and Create More Confidence

Price: Special Introductory Offer of £17.00 plus VAT (usual cost £42.53 plus VAT) 60% off for a limited time.

Product Info: Ever struggled with difficult feelings like anxiety, or experienced a drop in confidence? Would you like to know how to create confidence in your life and work? If so, then this audio series is for you. On the recordings, Kate Warren shares practical strategies and powerful processes drawn from NLP (Neuro Linguistic Programming) and CBT (Cognitive Behavioural Therapy) that can help you make better choices and enjoy greater happiness and confidence.

You will learn:

- a 5 step process for understanding and working with your feelings
- how to use your emotional guidance system to help you make better choices and decisions
- smart thinking strategies to transform drops in confidence into greater success
- how to change your response to people and situations that 'push your buttons'
- simple ways to reduce and manage anxiety, worry, and other difficult emotions
- how to create emotional peak performance – and the confidence that goes with it

These audios are packed with smart ideas, simple guidance, and everyday wisdom. The examples and stories used are drawn from Kate's extensive experience of helping high achieving people to enjoy greater levels of personal and professional success. Presented in a supportive, encouraging, inspiring style, these audios will give you powerful information that you can use to feel great now.

What you'll receive: immediate access to download 4 x MP3 files that you can listen to anytime, anywhere!