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May 1st 2018: The Power of Owning Our Emotions

This week we will explore the power of owning our emotions. Research says that high performing teams have one thing in common -- psychological safety. We will learn what that is and how we can create it. As we learn to turn towards our emotions, tune into them, name them and know the choice we have, we can own our emotions which strengthens the connection we have with ourselves and with others. In our New Ventures West Segment, we will be joined by Angella Okawa, who is both a psychotherapist and a certified integral coach through New Ventures West and will share her experience and trainin

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Featured Guest



Angella Okawa

Angella Okawa, LMFT, works with individuals and organizations interested in taking personal and professional development to the next level.

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