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EMPOWERMENT



# EXPRESS YOURSELF!™

where teens talk and the world listens

## Teen Radio

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### Express Yourself!

Sunday at 3 PM Pacific

**October 23rd 2018: The Gift of Practice and Gentleness**

With anything you attempt, you can become competent in as few as 20 hours, or achieve excellence in 10,000 with practice. Jack Pawlakos and Joven Hundal host an insightful program on the importance of positive practice. The chapter of The Gift of Practice by Brigitte Jia from the book, Be the Star You Are! Millennials to Boomers Celebrating Positive Voices in a Changing Digital World. Brigitte recounts the consequences of not preparing for an important audition. Award winning author and nurturing writing coach Dallas Woodburn reads her chapter, The Gift of Gentleness, then offers advice for yo

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### Featured Guest



#### Dallas Woodburn

Dallas Woodburn is an author, writing coach, and "book doula" who is passionate about spreading the joys of reading and writing.

[Read more](#)

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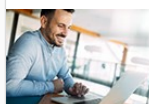
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