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EMPOWERMENT



### Tools for Teen Transformation

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**December 11th 2018: Relationship Coach's advice Teen Self Love**

This show will examine issues of how to raise teen self-esteem. We will hear from a practicing licensed relationship coach, Coach Nisla Love on strategies she has found to work with increasing teens' self-esteem. Coach Love has a couple of teens of her own so we will hear some very relevant tips, ideas and strategies that she is presently using at her home. Coach Love stresses that communication in a teen's world will be an important variable in the success of teen lives!



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### Featured Guest



#### Nisla Love

Coach Nisla Love is founder and CEO of Choose Love Solutions, LLC, a personal development company assisting individuals to realize their full potential by becoming effective communicators.

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