



Dropping In

Friday at 8 AM Pacific

July 10th 2020: Learn from a Top Coach: Tallia Deljou on Life, Purpose, & Stress Reduction

Tallia Deljou believes that "We all have a purpose and place in this world," and she'll help you find yours. Her insights have been featured in Forbes, Fortune, Business Insider, Monster, Nerd Wallet, and Real Simple. Tallia notes, "Stepping into your power and finding your purpose is really about finding yourself. It takes a commitment to the inner work. It takes accountability, consistency and support. It takes courage, discomfort and strength. It takes you showing up for you." Whether it's conducting workshops, speaking to audiences such as Mailchimp, General Assembly, Spanx, Michigan's

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Featured Guest



Tallia Deljou

Tallia Deljou is a positive psychology expert and transformational coach helping people find their purpose and place in the world. Rooted in her background in psychology, mindfulness-based stress reduction and deep transformational coaching, she supports clients in connecting to and embodying their authentic selves, making space to explore the deepest facets of who they are in an effort to cultivate meaningful and rich inner lives. With a Master's degree in Positive Organizational Psychology from Claremont Graduate University, Tallia had the honor of learning from a founding pioneer of the field himself, Mihaly Csikszentmihalyi, where she focused her studies on how we shape our identities, de

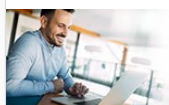
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