



EMPOWERMENT



# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific

**June 24th 2021: Shed Self-Doubt, Love Yourself, and Create a Fulfilling Life**

Insecurities and self-doubt are the hidden plague that eat away at our joy from the inside. We create an image of who we think we should be or who we think will allow us to be accepted by others. We all want to be loved to fill the hole within ourselves. The money, the recognition, the marriage or whatever it is we think will bring us joy, fulfillment, or peace doesn't until we face our true Selves and build our self-confidence and self-love from the inside. When it's authentic, and not just posturing, self-confidence will boost our optimism, resilience, and courage and help us build a life of

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## Featured Guest

Guest Image

### Kate Eckman

Kate Eckman is the author of The Full Spirit Workout: A 10 Step System to Shed Your Self Doubt, Strengthen Your Spiritual Core, and Create a Fun and Fulfilling Life. As a Columbia University certified executive leadership coach, she leverages her experience as a well known communications, performance, and mindfulness expert, accomplished entrepreneur, and elite athlete to equip leaders with the tools, methodology, and energetic boost they need to excel. Kate's work is rooted in neuroscience, positive psychology, and whole person coaching techniques. Passionate about mindfulness practices for both brain and body health, Kate is a meditation teacher and course creator for Insight Timer, the wor

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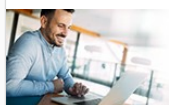
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