

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



Habits for Happiness

Friday at 8 AM Pacific

May 20th 2022: Ep 28: The Powerful Habit of Kindness: w. motivator Katie Jefcoat

Join me as I talk with, kindness crusader, speaker, author and motivator: Katie Jefcoat, who supports mostly women move from feeling hectic to harmonious. As a recovering trial lawyer, she knows first hand what it feels like to have a demanding job. As an entrepreneur with a passion that lights her hair on fire and a busy family she's in the thick of it with you. Many people strive for balance and think overwhelm is just a part of life. Sadly, the hustle culture and our never-ending to-do list is creating a life where our priorities are getting the leftover scraps of time. Katie introd

[Read more](#)



DOWNLOAD PDF

< > GET CODE

Tune in

Friday at 8 AM Pacific Time on
VoiceAmerica Empowerment
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?

Call In Live! Call-In

Toll Free: 1-888-346-9141

Intl: 001-480-553-5760

Featured Guest



Katie Jefcoat

Katie Jefcoat is the host of Everyday Happiness, the daily micro-podcast, a happiness curator, kindness crusader, speaker and author who supports mostly women move from feeling hectic to harmonious. Many people strive for balance and think overwhelm is just a part of life. Sadly, the hustle culture and our never-ending to-do list are creating a life where our priorities are getting the leftover scraps of time. Katie introduces people to what she calls - Intentional Margins™ - a kind of life in which they reduce randomness, create harmony between their to-dos and their priorities and intentionally enjoy the meaningful parts of life - without feeling guilty. As a happiness curator, Katie

[Read more](#)

Share This Episode



Share On Facebook



Share On Twitter



Share On LinkedIn

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

[VOICEAMERICA BLOG](#)