



Say It Skillfully®

Tuesday at 8 AM Pacific /11 AM Eastern

May 17th 2022: Say It Skillfully® – Randy Paterson, Create—Not Discover—Passions

Say It Skillfully® is a show that helps you to benefit from Molly Tschang's expert guidance on the best possible ways to speak your mind at work in a positive and productive manner. In Episode 131, Molly is joined by Randy Paterson, PhD psychologist and author, who offers gems galore on our mental well-being—from the parent trap to depression changing our motivational structure to helping youths realize how passions are created, not discovered! Born and raised (and still) in Vancouver, BC, Randy self-describes as nerdy and bookish. He recalls "knowing" he wanted to be a psychologist and writer

[Read more](#)



Tune in

Tuesday at 8 AM Pacific
Time/11 AM Eastern Time on
VoiceAmerica Business
Channel

[LISTEN LIVE](#)

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Questions? Comments?

Call In Live! Call-In

Toll Free: 1-866-472-5790

Intl: 001-480-398-3352

Featured Guest



Randy Paterson, PhD RPsych

Randy Paterson (www.randypaterson.com) is a Vancouver-based psychologist, author (The Assertiveness Workbook, How to be Miserable: 40 Strategies You Already Use, How to be Miserable in Your Twenties), and vlogger (the PsychologySalon channel at YouTube; <https://www.youtube.com/c/PsychologySalon>). He is the founder and director of Changeways Clinic, one of Vancouver's largest private psychotherapy services. He teaches online courses on psychological topics (at psychologysalon.teachable.com) and has conducted several hundred in-person training programs for clinicians across Canada and internationally.

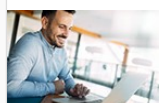
[Read more](#)

Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

