



EMPOWERMENT



WITH JOI ROSS



Living Inside-Out Today
Thursdays at 9 AM Pacific
June 23rd 2022: S1,EP13: The Power of Reprogramming Our Minds

In this episode, we unpack myths and truths about a variety of topics including the criminal justice system in the U.S.; "Imposter Syndrome" -- what it is, why 95% of us have it, and how to reverse it. We also discuss practical steps to begin the process of reprogramming our brains -- a critical step toward living a truly authentic, happy life based on our authentic identity (vs living according to an identity that we accepted when we were young, because that's who society told us we were). This is a powerful discussion that will help anyone who has ever heard an internal voice telling you wha

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Featured Guest



Dr Sue Carter Collins

Dr. Sue Carter Collins ("Dr. Sue") is the owner of the Synergistic Healing Center of Atlanta. She is an author, motivational speaker, and greatness coach. She speaks and trains on police leadership issues including managing diversity and cross-cultural communication. She also coaches aspiring and high-performing entrepreneurs and professional women of color to break through limiting beliefs that hold them back, master their mindsets, find their authentic voices, and achieve their greatness goals. Dr. Sue also is a spiritual teacher, synergistic energy healer, Reiki Master Teacher, and mindfulness meditation instructor. She was associate professor in the Criminal Justice & Criminology Depa

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