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EMPOWERMENT



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**December 6th 2016: Thoughts, Decisions and Self-deception**

What influences are there on our thoughts and behavior? Are we really rational or just interested in narratives that provide us with emotional comfort and consistency? What are the limitations of the human brain and how do they influence our thought process and decision-making? What sorts of bias are inherent in our thinking and how do they mislead us? Renowned executive coach Leaha Mattinson and Dr Howard Rankin discuss these issues as they explore how we can improve our thinking and behavior so we can better master our lives.



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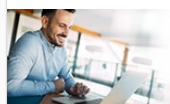
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