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Tuesdays at noon PT on VoiceAmerica Kids



Express Yourself!
Tuesday at 12 Noon Pacific
November 28th 2017: The Gift of Relationships

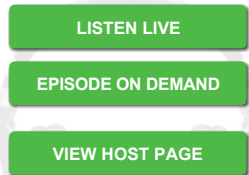
Certified Relationship Coach & Award-Winning Diversity Advocate Chris Armstrong joins Brigitte Jia for a lively conversation on the meaning of communication and relationships. He speaks about the correlations between relationships and self-worth/self-esteem and the importance of teaching others about how you wish to be treated. Brigitte talks about the role of self-confidence and individuality in maintaining a good relationship, how to establish boundaries and consent. Zahra Hasanian shares excellent examples of stellar relationships throughout history including those of Fred Astaire and Ginge

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Featured Guest



Chris Armstrong

Chris Armstrong has been a Certified Relationship Coach for 11 years. He has helped more than 500 clients navigate difficult and confusing relationship dynamics. As well, he has won several diversity awards for his unquestioned commitment to equality and authenticity. We would be remiss if we did not point out there he has also been published more than 500 times in various media outlets including: MSNBC, Huffington Post, The Good Men Project, She Knows, Your Tango, Elephant Journal and Divorced Moms. He is regularly sought after to provide honest, thought provoking assessments and advice that enables clients to objectively see who they are and what they must do in order to find and sus

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