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Leading Conversations
Friday at 10 AM Pacific
January 15th 2010: Growing Leadership

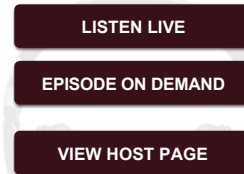
Cheryl Esposito welcomes Shelly Lefkoe, co-founder of Lefkoe Institute; co-author of *Chicken Soup for the Soul: Guide to Effective Parenting* and founder & President of the Possibilities of Parenting Center. Shelly helps businesspeople increase their personal productivity while reducing stress, improve their relationships with colleagues, and transform their family lives with The Lefkoe Method. She says it is our beliefs about people, life, and ourselves that drive our behaviors – whether we are thirteen or thirty and beyond. Some underlying beliefs may be so subtle, we may not even be aware t

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Featured Guest



Shelly Lefkoe

Shelly Lefkoe is co-founder and Vice President of the Lefkoe Institute, and the founder and President of Parenting the Lefkoe Way. She has personally worked with thousands of individuals from around the world using The Lefkoe Method to help people handle issues as serious as eating disorders, phobias and depression as well as problems such as procrastination, shyness, fear of public speaking and the inability to form healthy relationships. After discovering that underlying virtually all of these issues are negative beliefs about ourselves formed in childhood she discovered her true purpose in life. Shelly teaches parents how to instill positive beliefs that enable children to grow up to b

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