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The Hoffman Connection
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July 31st 2012: Finding Peace In the Midst Of Conflict

When you hit those inevitable, and often unexpected, bumps in life's road, do you handle them with grace and ease? How is your decision making process? Is it clear, strong and spiritually guided? Or do you find that alluring draw towards old sticky patterns that may not serve you anymore? We all want tools to be at our best, clearest, decision-making self in the midst of life's ups and downs. Join us this week on The Hoffman Connection as Stephen Josephs helps you uncover exactly how to find and maintain that sacred, centered self that you know is always with you.

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Featured Guest



Stephen Josephs

Stephen Josephs has been actively studying mind-body disciplines for 45 years (yoga, aikido, tai chi, qigong, meditation) as well as psychology and transformational methods and applied all he's learned to leadership development – for people to make better decisions, stay clear in the midst of conflict, and recruit optimal states for performance in any situation. He has been interested in 3 broad topics: 1) What accounts for superior performance? 2) What principles are at work when we easily learn and change? 3) How do we become wise? His aim is to have people claim vitality and get more out of life at work, and have it bring out the best in us, develop us, and at the end of a career look ba

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