



### The Self Improvement Show

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**April 11th 2013: Right Sizing Your Fears So You Can Have What You Want in Your Life**

Cindy Loughran, one of Boston's "top ten coaches" will talk about the fear that seems so big that it keeps you from getting what you want in life. What if you could "down size it" or, in Cindy's words "right size it" so that the fear is more manageable, less formidable? If you could do that, what would it mean to you? Would you start your own business or do what it takes to move up the corporate ladder? Would you change jobs or even change careers? Would you dream bigger and take some risks to accomplish those dreams? How much freedom would that give you? Cindy Loughran is a woman who has "be

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### Featured Guest



#### Cindy Loughran

Cindy Loughran turned her natural talents and passion for helping others thrive into a career as a professional coach. Recognized in 2007 as one of Boston's Top Ten Coaches by the Women's Business Boston, Cindy has been a contributor to national trade and business journals and anthologies, and has been a guest on numerous business talk radio shows sharing her knowledge and experience on such topics as Emotional Intelligence, Work/Life Balance, Personal Empowerment, Leadership and Change. Cindy holds a degree in Communication Studies from the University of Vermont. She is a Certified Professional Coach, Certified Group Coach, Principal of CBL Associates and Founder and President of New Lea

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