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Happy Hour with Liv and Kelly Archives Available

October 07th 2014: Discovering your Inner Greatness

This weeks episode we are going to be talking about the importance of reacting verse responding. What does that mean, why is it important, and how each choice effects the situation. We will also be talking about our workshop that we offer in schools systems for teen girls. We will be sharing some tools and techniques that we use to help you find your positive qualities, or inner greatness, and the importance of embodying these qualities through your interactions with others face to face and on social media



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