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The Mental Game of Life

with
Dr. Kristy Wanner

The Mental Game of Life

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May 08th 2017: Passion and Performance - What's the Link?

This week we are exploring the connection between passion and performance. What are you passionate about in your life? Are you taking time to nurture and engage in your passion(s) each week or do you find that time gets in the way of doing activities you love? Tune in to hear why passion is so important to being a high performer; learn how it relates to motivation, productivity and communication with others. If you'd like to share what you're passionate about or ask a question about the role of passion in performance, email me at thementalgameoflife@gmail.com. I'll be answering so

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