TAME THE TIME TYRANT

Toning & Tolerance

Central nervous system toning, distress tolerance, & Emotion regulation skills

Advocate

A

Understanding and advocating for your brain (and how your brain"s time orientation). Boundaries/margin & effective communication of

Manage

Expectations

Overcome negative core beliefs that influence our internal narrative, perceptions, expectations, and our relationship with Time

Emotional

Intelligence

How ALL of the above can be put into practices that increase your positive emotion, productivity, and self-worth

To learn more about my work and the Taming the Time Tyrant visit www.lightninginabottle.biz/resources or www.directimpactmedia.com

