


BRAVE BALANCE

A MASTER CLASS TO RECLAIM
WORK LIFE CONTROL

REFERENCE GUIDE



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1 TAKING YOUR PULSE: FIXED VS. GROWTH MINDSET

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8 SETTING HEALTHY WORK-LIFE BOUNDARIES: HOW TO BEGIN

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9 HAVING CRUCIAL CONVERSATIONS: STEPPING FORWARD TO EMBRACE YOUR LEADERSHIP

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10 THE AUTHENTIC YOU: BRACING FOR THE BACKLASH OF CHANGE AND HOW YOU RELATE TO OTHERS

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11 HOW TO HANDLE STRESS MOVING FORWARD: CHOOSING THE GROWTH PATH

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- Five Elements of Emotional Intelligence. Daniel Goleman
- EQ Applied: The Real-World Guide to Emotional Intelligence. J Bariso
The Road Back to You. Ian Morgan Cron, Suzanne Stabile

12 READY TO LAUNCH: THE NEW AND IMPROVED YOU

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