

## **Personal Power**

Learn how to be the best version of yourself.

In a world where we are constantly under pressure, pressure to perform, to achieve, to sell and to do more, having the confidence to be the most magnificent version of yourself is the secret. It feels great to look great, to feel congruent and to present your best self to the world. What is required is effort. It takes effort to look good, effort to be good, effort to get in charge of your life. Personal power puts you in the driver's seat. People who feel powerful make more decisions, take the lead and contribute to their organisations. It's time to stop playing small, to be good enough and to take charge.

A session with Lisa on personal power will leave you feeling like making an effort rather than making an excuse. Getting in charge of YOU will be your greatest achievement in 2019.