

SPEAKER QUESTIONS:

HOW SELF AWARENESS INCREASES YOUR SELF ESTEEM:

- What does Self Awareness and Self Esteem have in common?
- How do you increase Self Esteem?
- What is one way to increase your Self Awareness?
- How can caring for yourself emotionally help with Self Esteem and Awareness?

HOW SELF AWARENESS GUIDES YOU IN SLOWING DOWN:

- How do you identify your internal queues?
- What is the benefit of Slowing Down other than identifying internal queues?
- Does Slowing Down help you find your passion?
- Why is Slowing Down the first Pillar in your system Seasons of the Soul?

HOW SELF AWARENESS GUIDES YOU IN LISTENING DEEPLY:

What is the inner ear?

- How does your body relate to Listening Deeply?
- What is the importance of recognizing where you feel emotions and responses in the body?
- How does Listening Deeply lead to Self Mastery?

HOW SELF AWARENESS GUIDES YOU IN CONNECTING WITHIN

- What is the value in self evaluation of feelings, behaviors and responses?
- What role does playing the Observer in your own life take on?
- How long does it take to master yourself?
- Why is it that Empaths take on so much?