The Impact of Shame on Leadership

Brand: Heartbeat Academy
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Short Description
A center is as healthy as its' leader. There is a lot of practical material about being a leader but not much on the emotional aspect. When women have shame from unresolved trauma it impacts their leadership ability to work with others, find fulfillment and satisfaction in the position, make decisions based on truth and much more. Understanding this is the first step to understanding yourself as a leader and the women you lead.

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