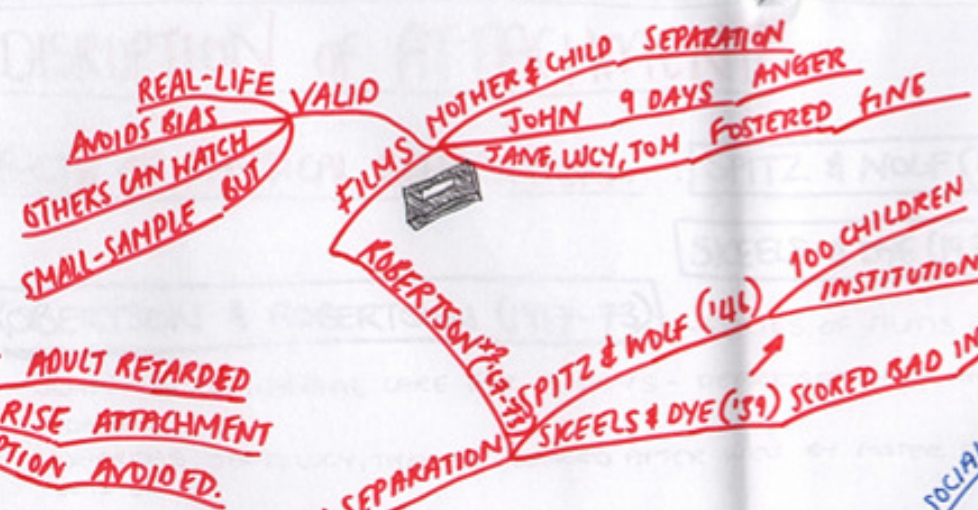
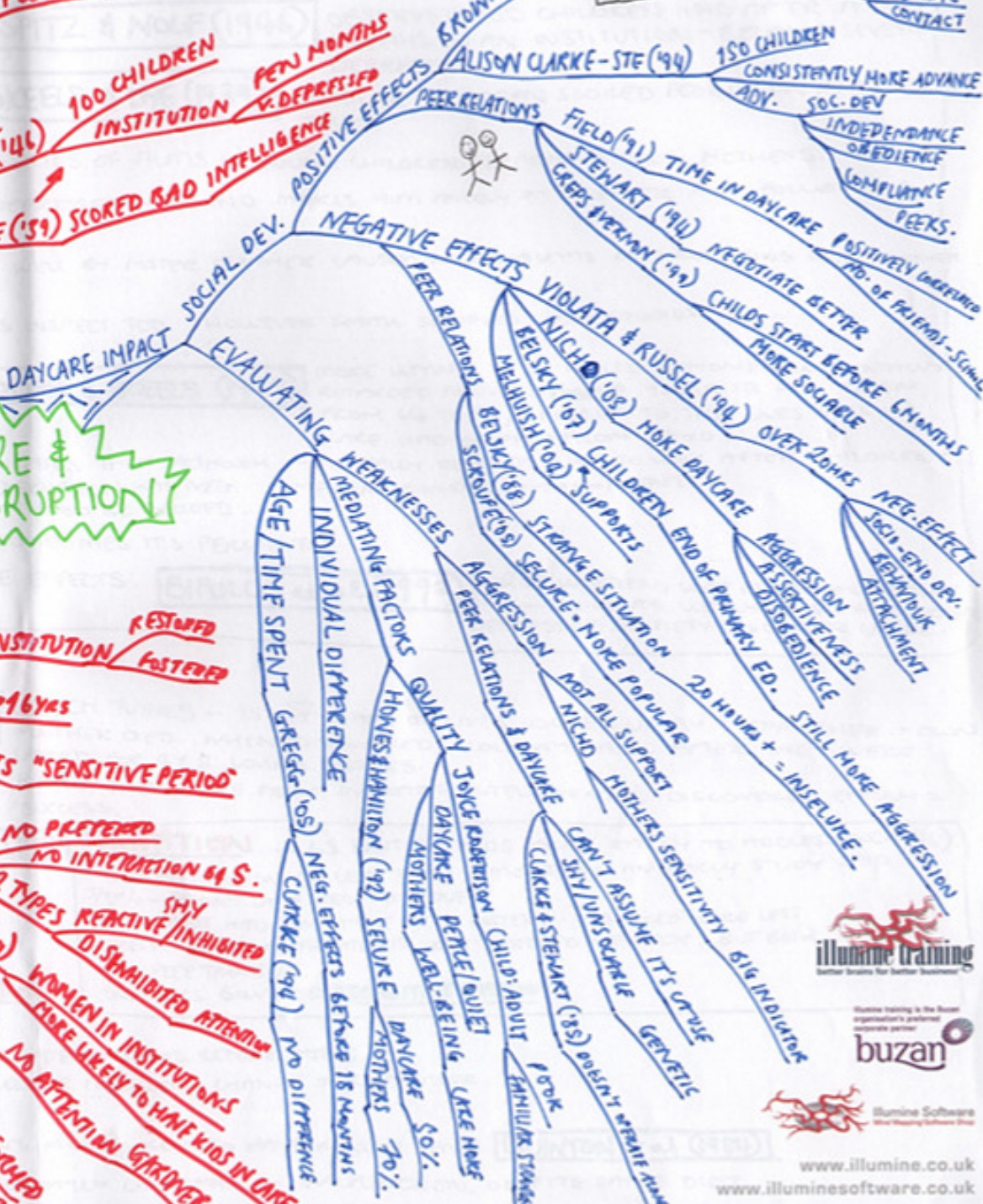
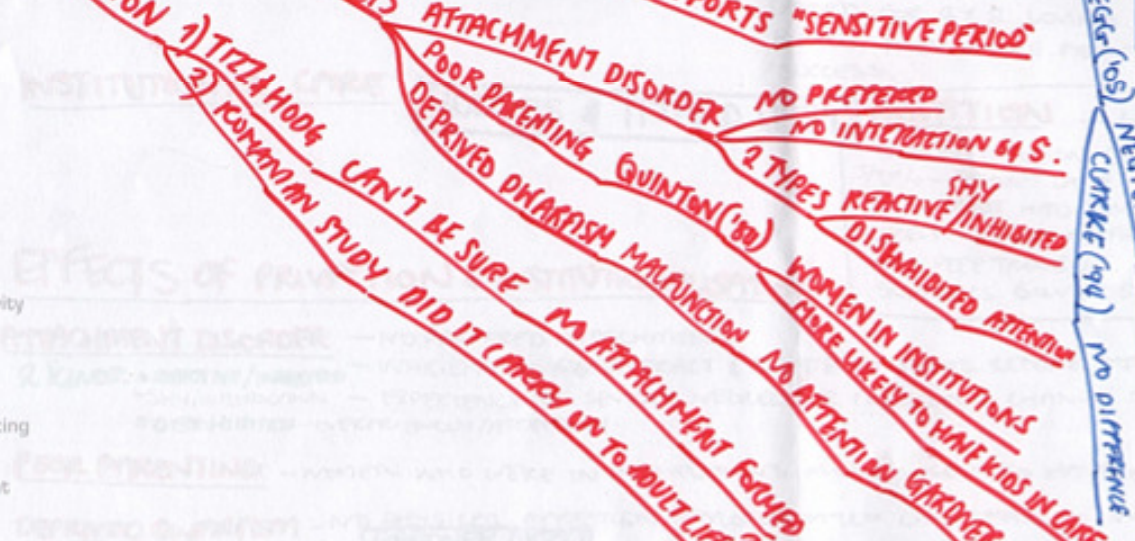
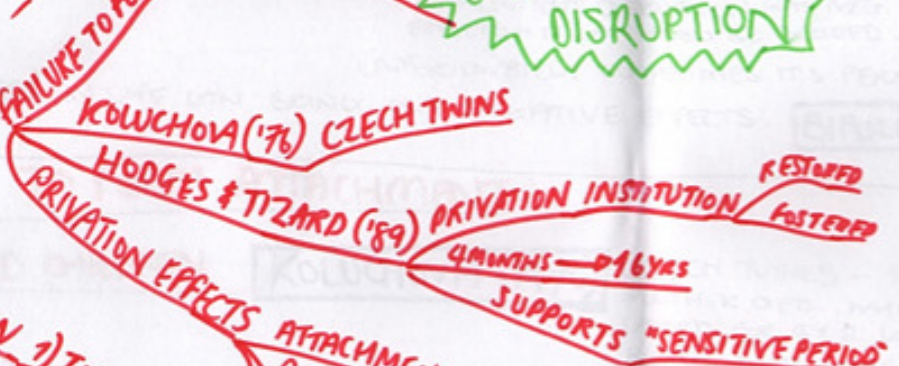
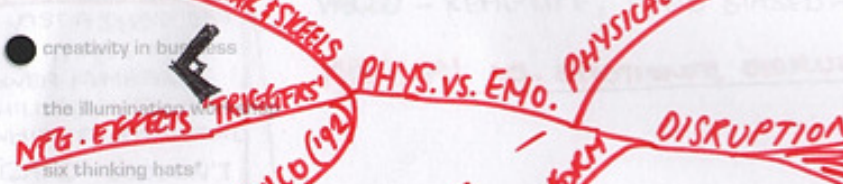
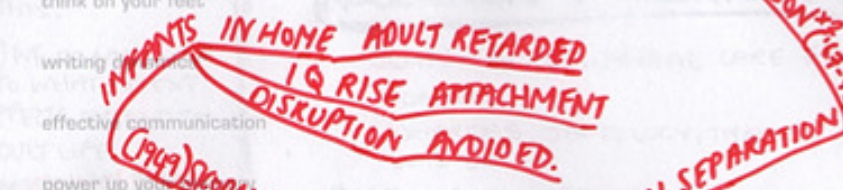


- effective speed reading
- business mapping
- mental agility
- accelerating information management
- think on your feet
- writing
- effective communication
- power up your
- creativity in business
- the illumination of
- six thinking hats
- la
- before 17
- lost mum
- likely
- DEPR. TRIGGERS
- ANXIETY
- managing pressure
- stress management
- the mind/body connection
- work/life balance
- healthy nutrition
- energy and well-being
- exercise and physical activity
- emotional intelligence
- the power of positive thinking
- effective time management



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