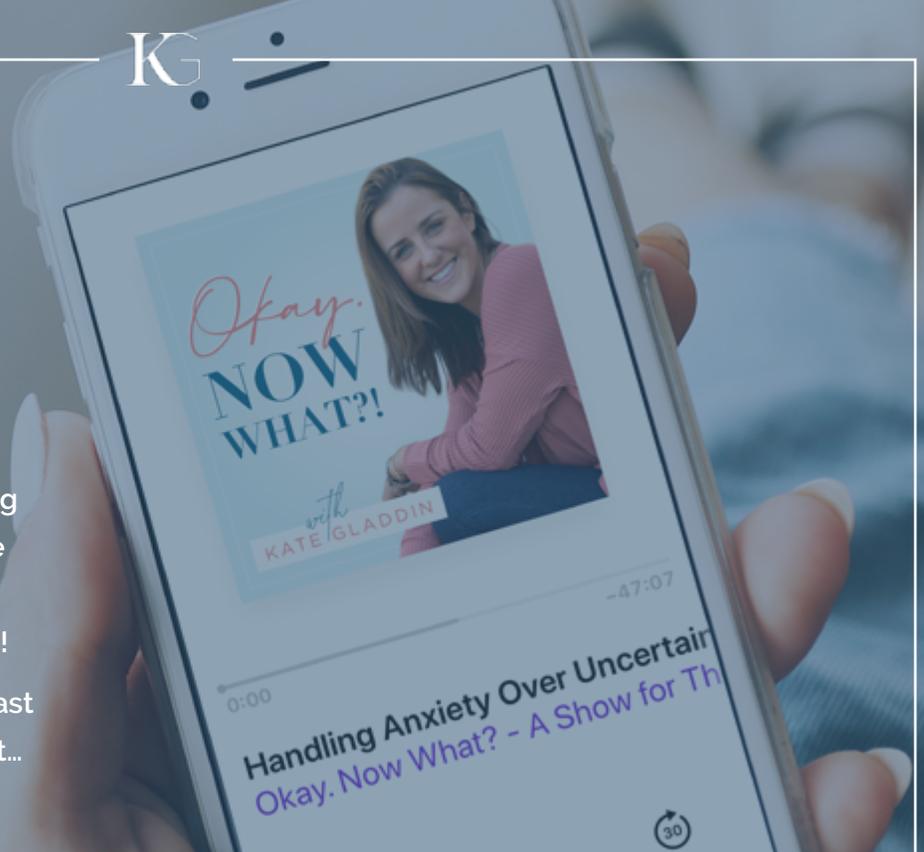


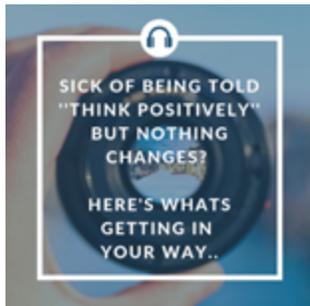
TOP 5 PODCASTS FOR TEENS

The podcast for teens and twenty-somethings who want to stop feeling anxious and boost their confidence as they navigate school, friends, relationships, and career confusion!

If that's your goal, then these 5 podcast episodes are your best place to start...



YOU CAN FIND MY PODCASTS ON ITUNES & SPOTIFY BY SEARCHING "OKAY. NOW WHAT?"



1. Why positive thinking isn't working for you - Episode 03

Do you cringe when someone says "just look on the bright side"? Do you try to find the positives, but you seem to be stuck dwelling on all the things not going your way? Are you skeptical as to whether positive thinking makes any difference - and whether it's even possible to change your thinking at all?

Yep, I've been there too! I honestly used to think I was destined to be a 'negative thinker' like it was in my DNA, and I loathed myself for it - which kept me stuck in a spiral of shame and insecurity. In this episode I'll teach you why this is all a perfectly normal feature in our brain causing this resistance and how we can use this feature to change our minds (aka. our lives!) for the better.



2. Creating Drama-free Friendships - Episode 27

Do you have that friend who's constantly letting you down? Have you asked them repeatedly what you need them to do, but they're still not getting it? Are you sick of the drama it's causing between you and wishing there was another way? Well in this episode, I'm showing you that there IS. It's advice that goes against the stereotypical relationship advice, but it's the most powerful advice that I've used to create peace, love and happiness in relationships that used to cause me endless frustration and resentment in life. So tune in to learn the 6 steps you can start using to create all drama free friendships in your life - even with people you believe to be most difficult!



3. Reduce Anxiety & Improve Your Grades - Episode 29

"What's one piece of advice you can give me as a student in grade 11 who wants to do well and get into University?"

That's the question from a listener that I answer in this episode. I explain where most of our stress at school comes from (in a way school never teaches us!) and how by helping you change this one simple thing you can immediately reduce your anxiety over assessments and improve your ability to be successful at them.

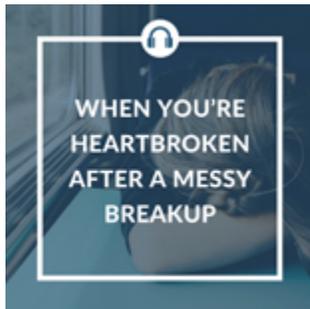


4. The Truth About What Other People Think of You - Episode 50

The number one thing I believe holds us back in life is what other people think of us. I mean, think about how much we hide away from hard things and avoid risking failure in order to "make" people see us in a certain way? We spend so long trying to control their opinions, especially now thanks to social media where we can be judged constantly, that we tend to spiral into constant state of anxiety and exhaustion!

I thought it's just the way I was - that I was just a "worrier" who was sensitive to other people's opinions. I believed I wasn't born with the confidence to put myself out there and risk judgment - and the truth is, I wasn't. But I have actively grown that confidence, starting with the truth I reveal to you in this episode.

I share with you the number one myth causing your social anxiety and the most powerful choices you can practice to begin to reduce this stress and build up your own self worth, so you find the courage to be who you really are in this world regardless of how others are judging you.



5. 5. How To Move On From Your Ex - Episode. 75

Struggling to get over your ex, or have a friend who is? This episode is an absolute must listen to! Moving on from a messy breakup can sometimes feel so overwhelming that we begin to think it's impossible - that we'll never find true happiness again. We keep arguing why it shouldn't have happened and wishing they'd take you back or never come into your life at all. We let it eat away at our self worth and our confidence can hit an all time low - but, it doesn't HAVE to be that way.

I promise you - no matter how messed up the break up was, by the end of this episode you will learn things to help you feel SO much better and finally find the relief you're yearning for so you really do move on from your ex - once and for all!

Feeling stuck or stressed over something in your life that you want some fresh advice on? Or maybe just need some extra daily inspiration to keep yourself motivated?

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