How to Face Your Journey to Change with Teresa de Grosbois

with Teresa de Grosbois · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Teresa de Grosbois, author of Mass Influence: The Habits of the Highly Influential, founded the Evolutionary Business Council after a weekend in Banff with top speakers, who became its first advisory board.

- [ ] Notice the dominant thought that stops you when you feel called to step up and lead.
- [ ] Write down the most common things you tell yourself in those moments.
- [ ] Think back to your earliest failures and look for where that message first started.
- [ ] Give your inner child a new job: in charge of fun, play and cheering you on.
- [ ] Let your adult self, not the two-year-old version of you, decide what is risky.
- [ ] Replace "someday I will" with a date you set today.
- [ ] Lean into whatever feels like the right next direction, even if you can't see where it leads.
- [ ] Ask how you will get your audience to take action, not just give them insight.
- [ ] Sign up for Teresa's 30-day influence challenge at massinfluencethebook.com.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/how-to-become-influential-teresa-de-grosbois/
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