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EMPOWERMENT



# EXPRESS YOURSELF!™

where teens talk and the world listens

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**Express Yourself!**  
Sunday at 3 PM Pacific  
**February 2nd 2020: Productivity and Hindsight**

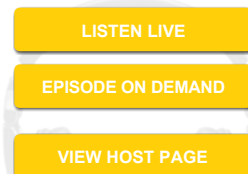
Hosts Katelyn Darrow and Kenneth Jeon discuss productivity and hindsight and how to get a clear vision in 2020. Katelyn shares her top tips to increase productivity which include starting with the most challenging tasks firsts, making lists, unplug, and taking breaks. The hosts interview author of Letters to Freedom, Dr. Patti Ashley who ascertains the best way to know what we want is to use a little hindsight to determine what it is that we don't want. Patti talks about her familial relationships, how journaling helped her to write her book through her sorrow, healing shame, expressing grief,

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### Featured Guest



#### Dr. Patti Ashley

Dr. Patti Ashley International workshop presenter, author, speaker, psychotherapist and Authenticity Architect brings unique insight into the identification and treatment of trauma, shame, grief and dysfunctional family patterns. Her signature model of Authenticity Architecture creates long-term changes in the brain and central nervous system, breaking through barriers to personal freedom and authentic growth, and excavating the truth of self-love. [www.pattiashley.com](http://www.pattiashley.com)

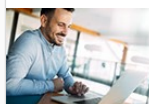
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