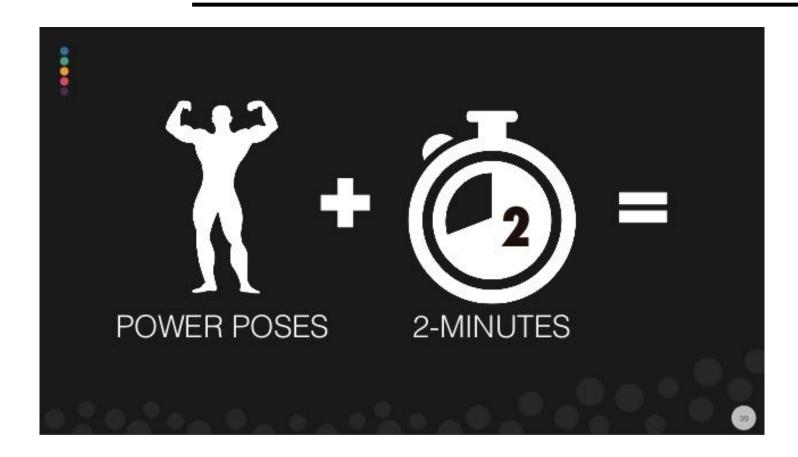
Power Pose Your Way to Confidence

By Beth Euler



(Krempa, "Power Poses")





(Krempa,"Victory")

Take Action!

- Find YOUR Power Pose
- Practice using your Power Pose
 - Once a week
 - Hold for 2 minutes
 - Record results
- Increase frequency
 - Utilize daily
 - Any occasion requiring confidence
- TRIUMPH over nerves and anxiety!
- ❖ POWER your way to CONFIDENCE!