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**BUSINESS**



## Leading Conversations with Cheryl Esposito

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**Leading Conversations**  
Friday at 10 AM Pacific  
**August 1st 2014: Special Encore Presentation:**  
**Growing Leadership**

Cheryl welcomes Shelly Lefkoe, co-founder of Lefkoe Institute; co-author of Chicken Soup for the Soul: Guide to Effective Parenting and founder & President of the Possibilities of Parenting Center. Our beliefs about people, life, and ourselves that drive our behaviors - whether we are thirteen or thirty and beyond. Some underlying beliefs may be so subtle, we may not even be aware that we have them. Shelly helps businesspeople increase their personal productivity while reducing stress, improve their relationships with colleagues, and transform their family lives with The Lefkoe Method. As a

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### Featured Guest



#### Shelly Lefkoe

Shelly Lefkoe is co-founder and Vice President of the Lefkoe Institute, and the founder and President of Parenting the Lefkoe Way. She has personally worked with thousands of individuals from around the world using The Lefkoe Method to help people handle issues as serious as eating disorders, phobias and depression as well as problems such as procrastination, shyness, fear of public speaking and the inability to form healthy relationships.

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