

Nobility in Action presents

# TOOLS FOR SUCCESS

Maya Angelou defined success as 'Liking yourself, liking what you do and liking how you do it'.

In this 45 min talk titled "Tools for Success" we go through simple, quick, easy tools that you can access to achieve a successful work-life balance.

Each one of the tools have been scientifically proven to improve attention, increase resilience, and overall boost happiness at work and home.

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