

Women Set Free

Attitude is everything

Beware of the comparison trap

Criticism must be constructive

Decide to dream

Educate yourself

F.E.A.R. – false evidence appearing real

Gossip destroys

Happiness is not the same as joy

Independence is not all it is made out to be

Justifying yourself is a waste of time

Know your worth

Learn to like yourself

Mundane thinking limits your potential

Never say never and never give up

Others expectations don't have to be yours

Past failures can be tomorrow's successes

Quietness can be your strength

Realise your potential – be all you are meant to be

Submission is not a dirty word

Teach and be teachable

Uniqueness is the key to your success

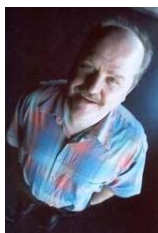
View life from an eternal perspective

Worry debilitates and doesn't help

Xceptional times call for exceptional women

Your friendships will make or break you

Zip it – know when to be quiet



About Nigel

Nigel has been paid to work with young people since 1991 and did it voluntarily before then. He actually believes he hasn't been to work since then because he enjoys himself so much. He is available for private consultation and coaching as well as having resources available e.g. **Understanding Teenagers A-Z**.

Teencoach - Helping Young People Find A Better Way

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