

EPISODE 3



**ARE
VULNERABLE
PEOPLE
CONFIDENT?**

Vulnerable Definition [LouiseAnneMaurice.Com](https://www.louiseanne maurice.com)

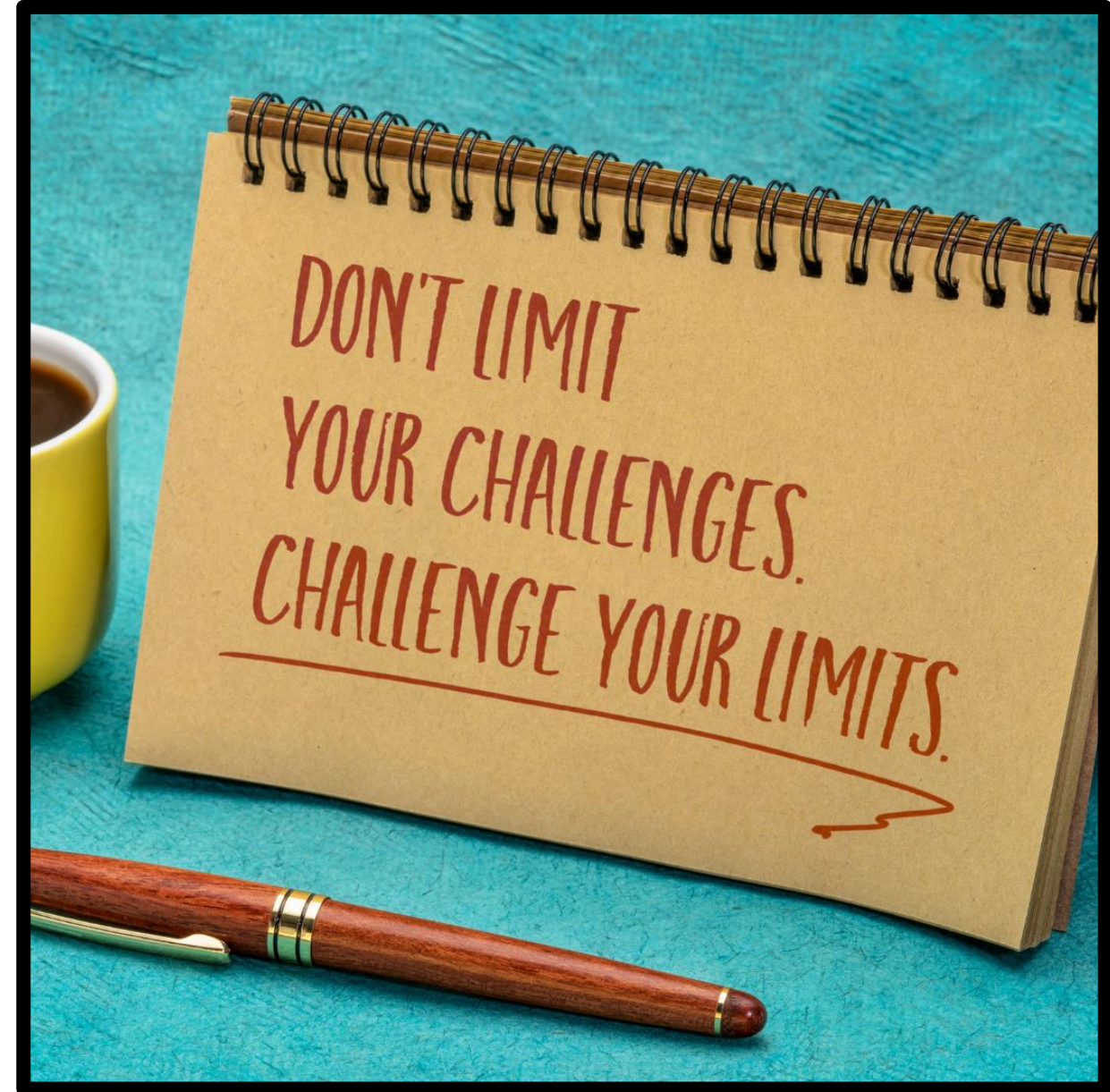
<https://dictionary.cambridge.org/dictionary/english/vulnerable>

- Able to be easily physically or mentally hurt, influenced or attacked.
- Vulnerability is the quality of being open, honest, and authentic with yourself and others, even when it involves exposing your fears, insecurities, and imperfections.



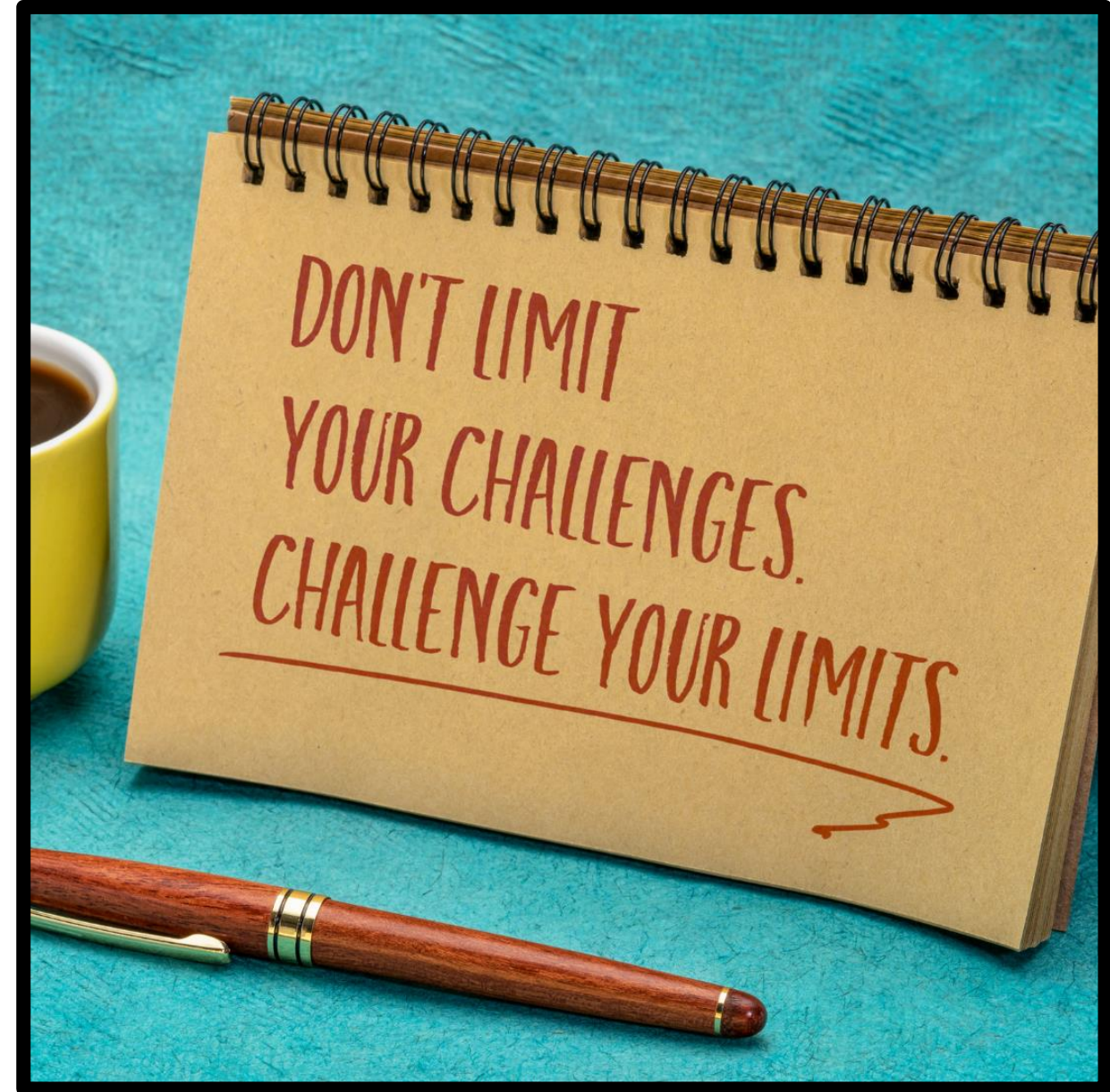
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1. What does **listen to the podcast to fill-in-the-blanks for the first 5 questions**?
2. How do you
3. What are
4. What are
5. What are



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6. How do you cope with the emotions that arise from being vulnerable? How can you express them in a healthy way?
7. How do you measure your progress and success? How do you celebrate your achievements?
8. How do you acknowledge and appreciate yourself and others for being vulnerable? How can you express gratitude?
9. How do you balance your vulnerability with your boundaries? How do you respect the vulnerability and boundaries of others?
10. How do you use your vulnerability as a source of strength, courage, and confidence? How do you share your vulnerability with others?



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- “A lot more detailed than other courses and I appreciate the thoughtful approach thus far. Getting further into the practicums, the advice is practical and very clear. Simplicity is underestimated and this is a very simply put training. It applies to my natural style very easily which very naturally aligns to what I know Life Coaching as.”



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Benchmark 4	40
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Free Training



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