

5. **Find 9 minutes** to watch this Ted Talk and take your working memory out for a ride. "Life comes at us very quickly, and what we need to do is take that amorphous flow of experience and somehow extract meaning from it," says educational psychologist Peter Doolittle. His enlightening presentation details the importance of your "working memory," that part of the brain that allows you to make sense of what's happening right now.



Join The Confidence Community for regular insights and #PositivePointers. Get my Confidence Strategies, straight to your inbox every couple of weeks. Please let me know your favourite Ted Talks so that I can share them too. Thank you.

Enjoy your viewing... and look out for Issue 2 on future ezines.

#EverPositive

Eilidh

07876 786 784

STICKY CARDS

POSTCARDS FOR EVENTS

BUY



Easy Moods by Eilidh Milnes

Funky online store selling positivity postcards to boost your event.

These sticky cards are available in various packs. These quirky cards create impact!

You'll love the difference!

We can also craft a unique mood booster - a branded postcard, specific to your needs.

Let's talk.

**BEAUTIFULLY CRAFTED PREMIUM
POSTCARDS JUST FOR YOU.**

easymoods.co

STICKY PRICES

20 cards - £26

50 cards - £46

100 cards - £76

250 cards - £146

500 cards - £262

1000 cards - £502

MAKE YOUR EVENTS STICKY!