



Everybody has a Tiger. It's that thing that roars at us and stops us from doing what we **really** want to do.

It's that voice in our head, which questions us when we think about making a change in our lives and ultimately stops us achieving our full potential.

In the book, ***Taming Tigers*** Jim Lawless shares his proven training programme to help you achieve your dreams by '**Taming the Tiger**' in your life.

You can use Jim's **10 Rules** to overcome your fears and do things you never thought you could – in both your professional and private life.

The 10 Rules:

- 1. Act boldly today – time is limited!**
- 2. Re-write your rulebook – challenge it hourly.**
- 3. Head in the direction of where you want to arrive, every day.**
- 4. It's all in the mind.**
- 5. The tools for Taming Tigers are all around you.**
- 6. There is no safety in numbers.**
- 7. Do something scary every day.**
- 8. Understand and control your time to create change.**
- 9. Create disciplines – do the basics brilliantly.**
- 10. Never, never give up!**

Contact us to book Jim to present a 'Taming Tigers' virtual or in-person keynote speech at your next meeting or event.