



## **Joy Expert Soochen Low Delivers Message of Confidence at Mind Body Spirit Festival**

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Expert shows women leaders who lack self-confidence how to unlock their BEST, 100% confident self.

Soochen Low, aka "The Queen of Clearing Blocks to Joyful Living," international bestselling author, speaker and coach, spoke at the Mind Body Spirit Festival in Melbourne recently, and Sydney before that. Her talk delivers a message for women leaders who constantly question themselves "Can I do this? Am I good enough?"

"Here's a hint: Yes you are!" she said.

One of Soochen's favorite teachings is, "The best you is in you all along. You don't need to be more, you just need to transform the ideas you have around the questions of "Am I worth it?" "Do I deserve this?"

Soochen's key teachings are:

1. You are the critical piece to creating and living your happy, positive and successful life.
2. Your best self is locked away by your negative understandings and beliefs about who you are and what you can do.
3. Positive thoughts create positive emotions. Positive emotions drive positive actions that create success when applied to all areas of life.

Soochen Low is passionate, motivated and spiritual creatrix who has owned and operated the 10-year business Happy.Positive.Successful. She is dedicated to help passionate, motivated and spiritual women leaders such as CEOs, business professionals, business owners, entrepreneurs and mums to unlock their BEST self through her 5 Step Formula. This formula was created when Soochen hit rock bottom in all areas of her life and rebuilt it from scratch. To get started on how you can unlock your BEST self, visit <https://Soochenway.leadpages.co/yes-you-can-1>.

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