

Barbara Mann of Your Empowered You to be Featured on CUTV News Radio

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[/EINPresswire.com/](http://EINPresswire.com/) -- To be empowered is to believe you can create whatever you want to create in your life. It requires accountability to yourself for your decisions, your direction, your career, your life, and expanding into territory you never thought possible. When you are empowered, you are your own guiding light.

Barbara Mann is the creator of Your Empowered You, an online career coaching and mentoring service designed to empower people to achieve whatever they hope to achieve and stretch themselves outside of their comfort zones. Your Empowered You can help anybody at any stage of their career to remove perceived obstacles, align with their core passions and achieve success.



“My job as a coach and mentor is to provide different perspectives, different tools, to help them overcome whatever obstacles that they think they have on their path to success,” says Mann. “It’s a matter of working through their perception of what is in the way. I encourage people to take risks and lean into any discomfort that they may have.”

Mann’s background includes 18 years of coaching and mentoring leadership and communication skills in the corporate world. She says the key to empowerment and success begins with identifying and aligning with one’s core values.

“Any decision you make should be aligned with who you truly are,” says Mann. “When setting goals, the first questions you want to ask yourself are: what are my core values? What am I all about? Why do I want to achieve this goal? When decisions are aligned with our core values, our goals become easier to achieve.”

Aligning with our core values also helps us identify potential opportunities. When we are resistant to something, that’s the direction we need to go because that’s our biggest opportunity for growth. If something is a little bit exciting with a little bit of an anxiety, it might be worth exploring.

“I think people have a lot more power than they give themselves credit for. We create these boxes for

ourselves. There's so much opportunity once we get out of our box. That's what I like to tap into, supporting them and being their advocate.”

CUTV News Radio will feature Barbara Mann in an interview with Jim Masters on April 30th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Your Empowered You, visit www.youempoweredyou.com.

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