

(#28) How I Manifested Away My Shyness

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Synopsis

I grew up REALLY shy and most who know the child version of Kathrin Zenkina, would agree that I NEVER said a word in group environments. I was always so afraid of being myself and identified myself as a super shy person. Speaking on stage was my BIGGEST fear.

Today, I'm a completely different person. I'm a speaker, I host a podcast, I don't remember the last time I was alone because I'm always surrounding myself with other people, and I LOVE going live on Facebook. It's like a whole new world for me.

But it didn't happen overnight and not without the 5 tips/steps that I'll be sharing with you in today's episode. If you're someone who is OVER being shy and introverted, then this episode is for you.

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