

Neeta Bhushan Nawalkha - Grow Your GRIT (New)

Your Quest to Build Your Grit

Your Instructor

Neeta Bhushan Nawalkha
Co Founder – Global Grit

Dr. Neeta Bhushan is a cosmetic dentist turned three-time international best-selling author and world-renowned emotional health advocate. She is also the founder of Global GRIT Institute, a wellness education platform for optimizing wellbeing, and cofounder of Dharma Coaching Institute, a coaching organization training coaches to become the highest versions of themselves. Neeta has shared her thought leadership on grit and resilience on international stages and as the host of her popular podcast, *The Brave Table*.

After realizing how trapped she felt running the million-dollar dental practice she built, Neeta embarked on a journey that led her across 45 countries as she researched blending the intersection of human behavior, ancient wisdom, Eastern philosophy, and therapeutic psychology. That knowledge, along with other life experiences overcoming multiple adversities, which include being orphaned at a young age, surviving an abusive marriage, and extensive loss, contributed to the powerful message of resilience she shares in this book. Neeta is a mother of two, and currently lives in Austin, Texas, with her husband and children.
www.neetabhushan.com

Course Curriculum

Grow Your GRIT

- Introduction (3:27)
- How to get the best results (6:31)
- About Dr. Neeta Bhushan Nawalkha (4:07)
- GROW (11:06)
- Reveal (6:43)
- Innovate (10:43)
- Transform (5:23)
- Discover your GRIT (8:28)
- Grow Your Grit Daily (14:23)
- Understand Your Emotional Pulse (12:36)
- Onward to Greatness (1:58)
- Bonus (8:56)

Proof Content

	10. Understand Your Emotional Pulse.mp4	 ...	274.4 MB
	9. Grow Your Grit Daily.mp4	 ...	313.3 MB
	4. GROW.mp4	 ...	260.4 MB
	8. Discover your Grit.mp4	 ...	158.4 MB
	12. Bonus.mp4	 ...	189.4 MB
	3. About Dr. Neeta Bhushan Nawalkha.mp4	 ...	100.3 MB
	6. Innovate.mp4	 ...	183.9 MB
	5. Reveal.mp4	 ...	164.8 MB
	1.1 Introduction.ts	 ...	61.9 MB
	1. Introduction.pdf	 ...	112 KB
	2. How to get the best results.mp4	 ...	155.8 MB
	11. Onward to Greatness.mp4	 ...	48.4 MB
	Screenshot.png	 ...	179 KB
	7. Transform.mp4	 ...	84.6 MB
	1.2 Introduction.ts	 ...	24.1 MB