



COMPOSE YOUR SOUL

How to Turn Your Daily Chaos Into Calm Control

What's the most common three-word response to the question,
"How are you doing?"

"I'm so busy!"

(Followed by a list of 37 tasks that need to be done by the end of the day).

This book is your complete guide to a **COMPOSURE MAKEOVER!**



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- Develop calm composure through a healthy balance of **funny and courageous stories, dynamic concepts**, and **practical tools** that get you out of your personal prison.
- Assess and capture your **natural algorithm** and operational story so you can reframe your choices, and **map out your personal strategy** to live meaningfully.
- Discover the **3 underlying forces** that influence how you show up, and **overwrite the parts** that have you in conflict with your natural talents.
- Remove **self-defeating toxicity** and personal chaos out of your life by creating your **4 Personal Pillars Plan** so you can live your mission, have a clear mindset, and project authentic messaging.
- Calmly and confidently deal with **blindside attacks, difficult people, and bullies** by desensitizing your emotional triggers through **ETAP-Emotional Trigger Action Plan**.
- Power up your values by getting control over your **inner committee** and shutting down the **inner critics** that suck the life out of you.



ANGELA NUTTLE is an Author, Speaker, and Talent Remodeler® Coach. She teaches people how to show up with authentic presence. She spent 20 years in corporate America, 3 years in Iraq, and is now CEO of a private consulting firm, **Corporate Talent Institute**. She specializes in guiding people out of personal and corporate prisons so they can step into the roles they are being called to do in today's chaotic world.

On a personal level, Angela is a self-proclaimed **Overly Productive Person** who has experienced the challenges of being a businesswoman, wife, parent, cook, chauffeur, and dog pooper scooper while learning to live powerfully and intentionally. She helps women see their vision and mission in spite of their circumstances and shows them how to **activate** their visibility, influence, and presence.