

# EGO BALANCE



OTHERS ARE AFFECTED BY YOUR OUT-SIZED EGO, BUT  
YOU MAY NOT BE AWARE



LOOK OUT  
FOR THE  
WARNING  
SIGNS OF  
EGO  
IMBALANCE



Accurate Self Assessment ?

# FIND OUT ABOUT

- IS EGO AN ASSET OR LIABILITY
- THE WARNING SIGNS OF EGO IMBALANCE
- UNMET EGO NEEDS
- WHAT ARE EGO BALANCING FACTORS
- BENEFITS OF BALANCED EGO
- BIOLOGICAL BASIS OF EGO AND CONTROL
- EGO IN RELATIONSHIPS  
(WHY THIS KOLAVERI ?)
- EGO AND LEADERSHIP

WORLD CLASS  
PROFESSIONALS  
SOMETIMES DO THE  
STUPIDEST THINGS



# WHEN SELF ESTEEM TAKES A BEATING

**UNDERSTAND IT  
TO REDUCE  
SUFFERING**

**SAFEGUARD  
HEALTH**

