



Masha Malka

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INTRODUCTION

Today's guest is living proof of what can happen when human potential is allowed to express itself.

Leaving the only life, and country she had known, Masha Malka's life turned upside down at the age of 17, when her family fled the Soviet Union as refugees.

Stripped of their citizenship and deemed an enemy of the state, the family was only allowed to take the equivalent of \$80 each and the clothes on their back.

With determination like nothing she had known before, Masha committed to do whatever it took to turn her life around.

Since that time Masha became the best-selling author and founder of The One Minute Coach™ educational system, has worked as an executive coach for over 15 years, built a successful import and distribution company, taught Business Leadership at MUIC, won Ballroom dancing competitions and received her Master's Degree in Higher Education while raising three children. Her newest book, The One Minute Coach to Mastering Your Emotion addresses the timely topic of how emotions either serve us or hold us back.

Her journey from hardship to happiness is proof that anyone is capable of positive change. So, open your mind, and let Masha show you how to make the most of your talents.

Welcome Masha.

Questions

1. It's amazing what you've accomplished. What was a big turning point for you?
2. What was one of the most important choices you made as you turned your life around?
3. What's the most difficult thing you've had to encounter on your journey so far and how did you deal with it?
4. You became a life coach many years ago. What motivated you to add this to your offerings?
5. You've written several books and information products. There seems to be a theme to your topics. Tell us about how you chose the topic of *The One Minute Coach*.
6. *The One Minute Coach* became an instant hit. The reviews on Amazon are fabulous. Why do you think people were so eager for this book?
7. What are simple steps people can take to have more happiness, joy and abundance?
8. You teach a lot about happiness. When did you first become interested in happiness?
9. Your newest book, ***The One Minute Coach to Mastering Your Emotion*** teaches people how to take control of their emotions. What is something people can do immediately to make this happen?

10. What else will people discover when they read *The One Minute Coach to Mastering Your Emotions*?

11. If you had only one minute to advise a person, what would you say?

12. Do you think people can change?

13. Besides being an author, you also train, speak and offer executive and life coaching. If you were only able to do one of these, which would it be and why?

14. How can people reach you?