



Personal Leadership

MAKING A WORLD OF DIFFERENCE

INVITES YOU TO A

FREE PUBLIC EVENT

“A TASTE OF PERSONAL LEADERSHIP (PL)”

- When:** 5 pm - 7 pm on Friday, April 28, 2017
- Where:** The Center for Grieving Children
555 Forest Avenue, Portland, Maine
- What:** Introductory overview of the two principles and six practices of Personal Leadership (informal)
- R.S.V.P.:** Please send an email to *Catherine Menyhart* (cmenyhart@gmail.com) by March 31, 2017.

We welcome **anyone** who is interested in learning more about PL!

What is Personal Leadership (PL)?

Personal Leadership (PL) is a framework consisting of two principles, six practices, and the Critical Moment Dialogue inviting you to take leadership of your “self”. Instead of going on auto-pilot and reacting to situations as you always have reacted, you can choose to become mindful of your programming and habitual behaviors and conscious of your experiences – especially in times of conflict and change as well as in situations of uncertainty and transition in life and at work.