

Cheer On This

TALKING OVER LUNCH ABOUT OUR NEW NORMAL

**JOIN US VIRTUALLY FOR OUR AUGUST SERIES:
TUESDAY'S, 12PM TO 1PM**

- AUG. 4TH ASSERTIVE COMMUNICATION: THE POWER OF NO
- AUG. 11TH COGNITIVE DISTORTIONS: HOW OUR PAST
INFLUENCES OUR PRESENT
- AUG. 18TH GOAL SETTING: BUILDING A ROADMAP TO
PERSONAL GROWTH & SUCCESS
- AUG. 25TH HOW PRACTICING GRATITUDE & HUMILITY CAN
HELP IMPROVE YOUR LIFE

Limited Space Available. Register at EventBrite:

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