

“The secret of change is to focus all of your energy not on fighting the old, but on building the new.”

– Socrates



COVID Silver Linings: A 3-Part Series

How do we connect with self, others & community in quarantine?



ChoiceCenter Leadership University trainer **Sylvia Badasci** is launching a 3-week Zoom series on finding the **Silver Linings during COVID-19** in our relationships with self, friends and family, and community.

The series runs for 75-minutes from **6 to 7:15 p.m. PST** on **Thursday, April 9th, 16th and 23rd**, and is **\$99** to register at choicecenter.com

Week 1: Focus on Self – In the first webinar, you’ll become aware of who you’re being day to day. Are you consciously living as your full self or addicted to your pre-coronavirus ways of avoiding reality - using alcohol, sugar, and binging on TV. Learn how to shift and use your time and energy to become present and connected, moment to moment.

Week 2: Focus on Others – At a time where grief is all around us - grieving a loss of space, connection, work and people - it’s important to recognize we all handle grief differently. Learn to drop the judgement on those you’re confined with and create conversations for intimacy in the midst of the fire and fear of quarantine.

Week 3: Focus on Community – What will life be like after COVID-19? Will we inherit a world where we fear touching and being less than 6 feet apart? Will we return to the status quo? Or will we create a new kind of community where people check-in on others, connect regularly, and consider the global community? What are the possibilities moving forward and how can we be co-creators, starting now. You’ll explore all this and more in this powerful, interactive learning series.

3 - PART SERIES BEGINS :

THURS, APRIL 9 @ 6 P.M. PST