



turning potential into performance

From Meditation to Action: An Introduction to Embodied Leadership

Saturday August 22nd, 1-3 p.m., \$25, at Creative Changes at 140 Harrison, Oak Park, IL 60304.

The heart of leadership begins with who you are and what you value. Quite literally what you focus your attention on shapes your experiences; where you focus your attention reveals what you care about and sets you on a path of action in your life. Are you leading on the path of your choice or defaulting to the stress of the day?

At the end of this two hour session you'll leave with:

- Greater awareness of where your attention goes natural
- Increased energy & curiosity
- Increased competency to take action toward "what's important"

Call me, Chris L. Johnson, PsyD., if you have questions: 630-368-0122.